

1971

## UA12/2/41 Cookbook

WKU Student National Education Association

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Western Kentucky University

S N & A

# COOK BOOK



*Favorite Recipes  
From  
Many Kitchens*



1971

## INTRODUCTION

This cookbook is a collection of favorite recipes from students, faculty, and other interested persons who were willing to share recipes with others. The sharing of favorite recipes is a custom among those who enjoy cooking and collecting recipes.

In this collection you will find variety in each category. Each recipe has been tested and signed by the person who sent it to be included in the Student National Education Association (S.N.E.A.) cookbook.

The money derived from the sale of these books will be used for scholarships for persons belonging to the organization.

The S.N.E.A. is a pre-professional association for college and university students preparing to teach. It is an integral part of the National Education Association - a voluntary, independent, and nongovernmental professional association.

## ACKNOWLEDGMENTS

Illustrations by Charles (Chuck) Crume.

We wish to thank the many persons who submitted recipes for inclusion in this book.

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# ABBREVIATIONS USED IN THIS BOOK

|      |               |      |           |
|------|---------------|------|-----------|
| T.   | tablespoon(s) | pt.  | pint(s)   |
| t.   | teaspoon (s)  | qt.  | quart(s)  |
| c.   | cup(s)        | gal. | gallon(s) |
| lb.  | pound(s)      | oz.  | ounce(s)  |
| pkg. | package(s)    | doz. | dozen(s)  |

## WEIGHTS 'N MEASURES

3 teaspoons = 1 tablespoon  
 4 tablespoons =  $\frac{1}{4}$  cup  
 16 tablespoons = 1 cup  
 5 tablespoons + 1 teaspoon =  $\frac{1}{3}$  cup  
 2 cups = 1 pint  
 4 cups = 1 quart  
 4 quarts = 1 gallon  
 2 cups butter, solid = 1 pound  
 $\frac{1}{2}$  cup butter, solid =  $\frac{1}{4}$  pound  
 2 cups granulated sugar = 1 pound  
 2 $\frac{1}{2}$  cups powdered sugar = 1 pound  
 3 $\frac{1}{2}$  cups confectioner's sugar = 1 pound  
 4 cups flour = 1 pound  
 $\frac{1}{4}$  cup cocoa (4 tablespoons) = 1 ounce  
 1 square chocolate = 1 ounce  
 2 tablespoons butter = 1 ounce

## SUBSTITUTIONS

1 tablespoon cornstarch (for thickening) = 2 tablespoons flour  
 1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour  
 1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour  
 1 teaspoon baking powder =  $\frac{1}{4}$  teaspoon baking soda plus  $\frac{1}{4}$  teaspoon cream of tartar  
 1 cup bottled milk =  $\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water  
 1 cup sour milk = a cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup of buttermilk  
 1 cup sweet milk = 1 cup sour milk or buttermilk plus  $\frac{1}{4}$  teaspoon baking soda  
 1 cup cream, sour, heavy =  $\frac{1}{3}$  cup butter and  $\frac{2}{3}$  cup milk in any sour-milk recipe  
 1 cup cream, sour, thin = 3 tablespoons butter and  $\frac{3}{4}$  cup milk in sour-milk recipe  
 1 cup molasses = 1 cup honey



*Appetizers*

## APPETIZERS

As their name implies, appetizers are appetite-teasers. Their main function is not to satisfy hunger, but to whet the appetite. Good appetizers should strike an expectant note for the meal that is to follow.

Appetizers, which are usually finger foods, must be attractive to see, as well as tangy and tantalizing to the taste buds.

When planning appetizers, keep in mind the meal that is to follow. If the dinner is to be rich and heavy, avoid serving appetizers that are rich and filling. Choose instead, crisp, fresh appetizers such as raw vegetables with a sour cream dunk sauce. If the meal is to be light, heavier and more filling appetizers may be served.

Never serve appetizers made with the same foods that are to be included in the meal. For example, don't serve seafood appetizers if seafood is included on the dinner menu.

### WHEN AND WHERE TO SERVE APPETIZERS

Appetizers are always served before the main course and are either passed around or served buffet-style.

There are no set rules governing where appetizers must be served. Some prefer to serve them outside on the patio if weather conditions are favorable. Still others like to serve them in the living room. If appetizers are served at the dining table, they usually replace the soup course.

Since most appetizers are eaten with the fingers, it is not always necessary to provide forks. Do make sure that napkins are within easy reach and that there is a convenient place to set glasses and plates. Always keep appetizers small enough to handle easily.

### SERVING WITH A FLAIR

All foods taste better if they are attractive to look at, and appetizers are no exception. Hollowed shells of fruits such as melons, pineapple and grapefruit make attractive and unusual serving dishes. Appetizers are appealing when arranged attractively on trays, bread boards, serving platters or in baskets.

Surround dips with mounds of chips and crackers. Serve seafood appetizers from beds of shredded ice.

Provide alcohol lamps so guests can toast their own tiny meat appetizers or sandwiches. Keep appetizers in chafing dishes and let guests help themselves.

## APPETIZERS

### BURNING BUSH

$\frac{1}{4}$  lb. dried beef                      1 8-oz. pkg. cream cheese

Chop dried beef into very fine pieces; divide cream cheese into 32 cubes. Roll each cube into a ball. Coat each ball with beef. Put a toothpick through each ball and stick into a grapefruit, cabbage, or large apple.

- Mrs. Marilyn Heginbotham

### CHEESE BALL #1

|                             |  |
|-----------------------------|--|
| 2 8-oz. pkg. cream cheese   | 1 t. worcestershire sauce              |
| 1 8-oz. pkg. cheddar cheese | dash cayenne                           |
| 1 T. pimento                | dash salt                              |
| 1 t. grated onion           | $\frac{3}{4}$ c. finely chopped pecans |

Combine all ingredients except pecans until soft; form a large ball, roll in chopped pecans till ball is covered. Keep in refrigerator at least 24 hours. Serve with butter spreaders and crisp crackers or "dippers"

- Mrs. C. Charles Clark

### CHEESE BALL #2

|                                |                                    |
|--------------------------------|------------------------------------|
| $\frac{1}{4}$ lb. sharp cheese | $\frac{1}{4}$ lb. blue cheese      |
| 1 large cream cheese           | $\frac{1}{4}$ lb. roquefort cheese |
| 1 roll smoke cheese            |                                    |

Let cheese stand at room temperature until soft. Season with lemon juice, vegetable oil, salt, sugar, tabasco sauce, garlic salt, and celery salt to taste. Mix well. Form into ball and cover with paprika. Keep in refrigerator until time to use. Cheese will spread easier if removed from refrigerator about 30 minutes before serving. Place on platter surrounded by crackers.

- Lurene Gibson

### CHEESE ROLL

|                            |                           |
|----------------------------|---------------------------|
| 16 oz. cream cheese        | Season-all                |
| 8 oz. sharp cheddar cheese | garlic salt               |
| 4 oz. blue cheese          | onion juice or onion salt |
| 1 T. worcestershire sauce  | chopped nuts              |

Have cheese at room temperature. Blend in seasoning to taste, adding a small amount of milk to make it proper consistency to blend. Roll in chopped nuts and store in refrigerator, wrapped in foil, until time to serve.

- Virginia Mutchler



## APPETIZERS

### CHEESE STRAWS

$\frac{1}{2}$  lb. butter  
 $\frac{1}{2}$  lb. yellow cheese  
 1 c. flour

Salt  
 Red pepper

Cream butter and grated cheese together. Add flour, enough water to make a thick dough. Season to taste. Roll out, cut in thin strips and bake in a hot oven, 500°, until light brown.

- Mary Gardo

### CHEESE WAFERS

$\frac{1}{2}$  lb. margarine  
 $\frac{1}{2}$  lb. American cheese

$1\frac{1}{2}$  c. flour  
 Salt  
 Cayenne

Grate cheese and margarine and mix with other ingredients. Roll and cut with a tiny cutter. Bake at 350°.

- Mrs. Gavin G. Craig, Jr.

### GARLIC CHEESE ROLL

$\frac{1}{2}$  lb. sharp cheese  
 $\frac{1}{2}$  lb. cream cheese

$\frac{1}{2}$  c. pecans  
 1 clove garlic

Grind all together. Mix well. Cover wax paper with chili powder and paprika. Roll cheese in long roll. Chill, slice thin and serve on favorite crackers. This freezes well.

- Mrs. James Hicks

### DIETER'S CHIP DIP

1 lb. creamed cottage cheese  
 $\frac{1}{4}$  c. mayonnaise

$\frac{1}{4}$  t. garlic salt  
 $\frac{1}{4}$  t. worcestershire sauce

Blend all ingredients with mixer or blender. Serve.

- Yvonne Blevins

### SHRIMP DIP

1 minced onion (about size of large egg)  
 2 8-oz. pkg. cream cheese  
 1 drained can shrimp  
 2 T. worcestershire sauce  
 Mayonnaise to thin (about 1 or 2 T.)

Mix well.

- Mrs. Mary Shelton

## APPETIZERS

### DUTCH DIET DIP

1 c. cream-style cottage cheese  
 1 T. lemon juice  
 Dash salt  
 1 t. dill weed  
 Carrot slices

Place cottage cheese, lemon juice and salt in blender container; cover. Blend at low speed for 4 minutes or until smooth, scraping sides of container occasionally. Pour into serving dish; sprinkle with dill weed. Top with carrot slices. Serve as a dip with celery sticks, carrot sticks or potato chips.

- Yvonne Franklin

### DIET CLAM APPETIZER

1  $7\frac{1}{2}$  oz. can minced clams  
 $\frac{1}{2}$  lb. cottage cheese  
 $\frac{1}{2}$  small onion, grated

1 tsp. worcestershire sauce  
 Dash of garlic salt  
 1 t. celery salt

Drain clams well, reserving 1 T. liquid. Place clams and cottage cheese in blender container; blend. Add onion, worcestershire sauce, garlic salt, celery salt and reserved clam juice. Blend until smooth. Serve as spread on melba toast rounds, green pepper rings or cucumber sticks. If desired, top mushroom caps with mixture and broil for a few minutes.

- Dessie Franklin

### COCKTAIL SAUCE

$\frac{1}{2}$  c. chili sauce  
 $\frac{1}{3}$  c. tomato catsup  
 1 t. worcestershire sauce  
 $\frac{1}{4}$  c. lemon juice

2 T. horseradish  
 $\frac{1}{3}$  c. finely cut celery  
 $\frac{1}{2}$  t. salt  
 Dash red pepper

Cook Kroger Vein-X shrimp as directed on package - chill. Arrange shrimp on edge of small bowl filled with cocktail sauce. Surround with Kroger Breaded Shrimp, hot and crispy brown. Dip shrimp into sauce and eat with your fingers.

- Mrs. Sara D. Taylor

### OAHU FRAPPE (From Betty Crocker)

$\frac{1}{2}$  c. sugar  
 $\frac{3}{4}$  c. water

$\frac{3}{4}$  c. orange juice  
 $1\frac{1}{2}$  c. unsweetened pineapple juice

Cook sugar and water 5 minutes. Cool slightly. Add 2 juices. Freeze till mushy. Serve in chilled sherberts; trim with grated orange peel, if desired.

- Mary Dillingham

## APPETIZERS

### FLUFFY FRUIT DIP

|                             |                           |
|-----------------------------|---------------------------|
| 1 c. sugar                  | Pinch salt                |
| 2/3 light corn syrup        | 1/4 t. vanilla            |
| 1/2 c. hot water            | 1/4 t. mayonnaise         |
| 2 stiffly beaten egg whites | 1 T. shredded orange peel |

Combine sugar, corn syrup and hot water in saucepan. Heat slowly, stirring constantly, until sugar dissolves. Boil, without stirring, to firm-ball stage or 248° on candy thermometer. Beat hot syrup gradually into egg whites. Add salt and vanilla. Cool. Fold in mayonnaise and orange peel. Serve as dip for strawberries or as dressing for sliced pineapple or fruit salad.

- Mae Baldock

### FROSTED GRAPES

Use small clusters for garnish on individual desserts; larger clusters to garnish a platter of petit fours or a molded dessert or salad.

Beat 1 egg white until frothy. Dip small clusters of rinsed and drained grapes into beaten egg white. Shake off excess, then dip grapes into granulated sugar. Set aside to dry.

- Hope Morgan

### CHICKEN-LIVER SPREAD

|                        |                     |
|------------------------|---------------------|
| 2 lbs. chicken livers  | 4 eggs, hard boiled |
| 1 lb. chicken gizzards | 2 large onions      |

Cook liver and gizzards together for 30 minutes. Cool. Grind all ingredients together. Mix well. Add Miracle Whip Salad Dressing. Salt and pepper to suit taste.

- Mrs. Mary Shelton

### GLAZED PARTY MIXED NUTS

|              |                            |
|--------------|----------------------------|
| 4 egg whites | 2 lbs. mixed nuts (salted) |
| 2 c. sugar   | 1 stick butter             |

Beat egg whites until stiff, adding sugar gradually. Add nuts and stir. Melt one stick butter on a flat pan. Spread nuts and bake 300° for one hour. Stir every 15 minutes.

- Imogene Lovelace

## APPETIZERS

### PARTY MIX

|                           |                |
|---------------------------|----------------|
| 1 pkg. Wheat Chex         | 1 box Cherrios |
| 1 pkg. Rice Chex          | 1 lb. pecans   |
| 1 box Thin pretzel sticks |                |

Melt 1 lb. butter, 1 T. garlic salt, 3 T. worcestershire sauce; pour over mix and bake in oven 250° for 2 hours. Stir every 20 minutes.

- Lurene Gibson

### HOT CHILI NUTS

|                           |                       |
|---------------------------|-----------------------|
| 1 lb. shelled raw peanuts | 3/4 t. salt           |
| 4 T. peanut oil           | 1/4 t. cayenne pepper |
| 3 t. chili powder         |                       |

Brown the nuts in hot peanut oil (substitute butter if desired.) Combine the chili powder, paprika, salt and cayenne. Sprinkle over peanuts and stir until well coated. Portions of flavorings may be altered to taste. These are very hot. Yield 1 pound.

- Hope Morgan

### SUGARED PECAN NUTS

|                       |                                   |
|-----------------------|-----------------------------------|
| 1 c. granulated sugar | 1/8 t. each cloves, mace and salt |
| 1/2 t. cinnamon       | 1/2 c. water                      |

Mix all ingredients and boil to a fine thread. Stir in pecan halves. Separate on wax paper while hot.

- Jane Aldridge

### GLAZED WALNUTS

|                     |                      |
|---------------------|----------------------|
| 1 cup walnut halves | 2 T. dark corn syrup |
|---------------------|----------------------|

In a small bowl, mix walnuts and corn syrup. Line cookie sheet with foil; place nuts, well apart, on foil. Bake in a preheated 325° oven for 5 minutes. With a fork, turn nuts; continue to bake for 10 minutes. At once, remove nuts to wax paper; cool.

- Mary Gardo

### PINEAPPLE CHUNKS

|  |
|--|
| 1 can (1 lb. 4 1/2 oz.) pineapple chunks |
| Brown sugar                              |

Drain pineapple; roll in brown sugar. Broil until sugar melts and pineapples are glazed.

- Hope Morgan



## APPETIZERS

### ROQUEFORT CHEESE DIP

1 part Roquefort Cheese      Finely chopped parsley  
3 parts cream cheese      Mayonnaise to mix  
Finely chopped toasted pecans

Mash cheese together, adding mayonnaise to right consistency for a soft spread. Season to taste with salt and a touch of tabasco, stir in parsley and nuts to taste.

- June Neill

### SHRIMP COCKTAIL

1 bottle Heinz Chili Sauce (12 oz.)  
1 cup chopped celery  
2½ lb. cooked and chilled shrimp  
1 pt. home-made mayonnaise  
1 5-oz. jar cream style horseradish

Fold in all ingredients together. Season with Tabasco. Put into refrigerator until thoroughly chilled.

- Mary Shelton

### CHEESE & SAUSAGE BALLS

1 lb. sausage      2 c. Bisquick  
10 oz. cheese cheddar

Mix well. Roll in small balls. Bake on cookie sheet 10 min.

- Sandra Hieronymus  
Raleigh, North Carolina

### FRUIT PUNCH

1 qt. pineapple juice      1 6 oz. can frozen orange juice  
1 6 oz. can frozen lemon juice      ½ c. sugar  
3 large bottles ginger ale      1 pt. fresh or frozen strawberries

Combine fruit juices and sugar. Just before serving add ginger ale and strawberries.

- Patricia Shanahan

## APPETIZERS

### FACESETTER PARTY TIDBITS

1 5½ oz. pkg. cocktail      1 13½ oz. can pineapple chunks,  
frankfurters      drained  
1 large green pepper      1 cup sweet n' sour bottled salad  
                                 dressing

Cut frankfurters in half and green pepper into ½ inch squares. Place all ingredients in electric skillet or electric casserole. Turn control to "simmer" and heat 10 to 12 min. Reduce to "warm" for serving. Serve with cocktail picks.

- Romanza O. Johnson

### SNAPPY OLIVE CHEESE SNACKS

6 oz. roll sharp process      dash cayenne  
cheese      ½ t. chili powder  
¼ c. butter or margarine      1/3 c. finely chopped ripe olives  
1 c. flour

Mix all ingredients thoroughly. Roll into ½ inch balls. Bake at 400° for 10 min. Makes 3 dozen.

- Romanza O. Johnson



*Beverages*

## BEVERAGES

### HOMEMADE MILKSHAKE

2 t. vanilla extract                      8 oz. milk  
2 T. table syrup                        8 oz. vanilla ice cream

Place all ingredients in blender. Mix 30 seconds. Put in large glass. Eat with iced tea spoon.

- Dorine Geeslin

### PARTY PUNCH

1 (46) oz. Dole pineapple juice  
1 cup lemon juice  
1 pint cranberry juice  
1 c. sugar  
2 qts. cold gingerale

Mix well.

- Patricia Shanahan

### TROPICAL PUNCH

6 c. cold water                            1 can (46 oz.) red punch  
1 6-oz. can lemonade                    5 cups ginger ale  
1 6-oz. can orangeaide  
1 6-oz. can grape juice

Mix well and chill. Put in punch bowl and arrange slices of lemon, lime, and orange in punch.

### CRANBERRY TEA

Juice of 2 lemons                        1 stick cinnamon  
Juice of 2 oranges                       3 quarts cranberry juice

Combine all ingredients and bring to a boil. Serve hot.

- Patricia Shanahan

### HOLIDAY TEA

2½ c. Tang                                    ½ t. ground cloves  
1-¾ c. sugar                                Dash salt  
¾ c. instant tea                           1 pkg. Wyler's lemonade mix  
1 t. cinnamon

Mix thoroughly. Store in a tight container. This makes many cups and can be used according to one's taste.

- Dorothy Garrett

# BEVERAGES

## ICED TEA

3 c. sugar  
juice of 10 lemons  
juice of 1 orange

1 small can pineapple juice  
5 or 6 T. tea  
4 qts. boiling water

Pour juices over sugar and stir until dissolved. Make tea and pour over sugar and juices while hot. Do not pour over glasses of crushed ice until ready to serve.

- Dessie Franklin

## RUSSIAN TEA

8 c. water  
2 tea bags  
1 t. whole cloves  
1 small cinnamon stick

1 c. sugar  
1 c. orange juice  
1 c. pineapple juice  
¼ c. lemon juice

Bring water to boil and turn off heat. Add tea bags; place spices in a bag and add. Cover and leave for 5 minutes. Remove tea and spices from water. Add sugar and juices; mix well and reheat. Strain and serve. Yield: about 15 servings.

- Melanie Lewis

## SPICED TEA

4 qts. water  
3 c. sugar  
1 t. whole cloves  
1 t. allspice  
3 sticks cinnamon

1 large can pineapple juice  
juice of 6 lemons  
juice of 6 oranges  
4 family size tea bags  
6 c. boiling water

Mix 4 qts. water and the sugar in large kettle and boil until sugar is dissolved. Add spices and simmer for 1 hour. Make tea by adding tea bags to 6 c. boiling water. Combine tea, juices and sugar-water-spice mixture. Let set several hours. Strain and refrigerate until ready to use. Heat desired amount. Will keep refrigerated for 1 week or more.

- Lurene Gibson

## INSTANT SPICED TEA #1

1 c. instant tea  
2 c. Tang  
1 pkg. sweetened lemonade (10¢)  
1 t. powdered cloves

1 t. powdered cinnamon  
2 c. sugar

Mix together and store in covered jar. Mix 2 t. per cup of boiling water.

- Mary Crisp

# BEVERAGES

## INSTANT SPICED TEA #2

1 jar (14-18 oz.) Tang  
2/3 c. instant tea  
2 c. sugar  
2 pkg. lemonade mix  
2 t. cinnamon  
2 t. cloves

Mix well.

- Juanita Dickson

## INSTANT SPICED TEA #3

1 large jar Tang  
1 c. instant tea  
2½ c. sugar  
2 t. ground cloves

1 t. cinnamon  
1 pkg. Wylers lemonade  
dash of salt

Mix thoroughly Store in a tight container.

- Dorothy Garrett

## APRICOT-ORANGE TEA

2½ c. apricot nectar  
1 c. orange juice  
1 c. water  
1 T. sugar

1 t. ground cinnamon  
4 slices of lemon  
12 whole cloves  
2 T. instant tea

Combine apricot nectar, orange juice, water, sugar, and cinnamon in a medium-size saucepan. Insert 3 cloves into each lemon slice; add to saucepan. Heat just to boiling; reduce heat; cover. Simmer 5 min. Stir in tea. Serve hot.

- Romanza O. Johnson

## CRAN-ORANGE TEA

Combine 2½ c. cranberry juice cocktail, 1 c. orange juice, 1 c. water, 1/3 c. sugar, 2 broken cinnamon sticks, 2 quartered orange slices; and 1/8 t. nutmeg in a medium-size saucepan. Heat just to boiling; reduce heat; cover. Simmer 5 min. Stir in 2 t. instant tea. Serve hot.

- Romanza O. Johnson



## BEVERAGES

### MOCHA AU LAIT

$\frac{1}{4}$  c. dry cocoa (not cocoa mix)  
6 T. sugar  
1 quart milk  
3 T. freeze-dried coffee  
 $\frac{1}{2}$  t. vanilla

Blend cocoa and sugar in a large saucepan; stir in  $\frac{1}{2}$  c. of the milk to make a smooth paste; gradually add remaining milk, stirring constantly. Heat stirring often, until piping-hot. (Do not boil.) Add coffee and vanilla, stirring until coffee is dissolved.

- Romanza O. Johnson

### CARIBBEAN AU LAIT

Combine 1 quart milk with  $\frac{1}{2}$  c. flaked coconut in a large saucepan. Heat until piping-hot. (Do not boil.) Strain milk; discard coconut. Stir  $\frac{1}{4}$  c. sugar, 2 T. freeze-dried coffee, and  $\frac{1}{4}$  t. ground cinnamon into hot milk until sugar is dissolved (reheat if necessary.) Serve hot.

- Romanza O. Johnson



*Breads*

## THE ART OF BAKING

Although many of today's busy cooks have little time to spend on baking, there are times when they would like to surprise their family with fresh, mouth-watering home-baked goods.

Making yeast breads is relatively simple to do if these rules are followed:

**KNEADING** is necessary to develop the elasticity of gluten and scatter gas pockets that have been formed around yeast. Kneading is usually done by hand.

To knead dough, turn it onto a lightly floured board. Do not use too much flour on the board or on your hands. Too much flour will cause the bread to be tough.

Knead the dough by pushing and pressing back and forth with the lower part of palms. Turn the dough often, folding it over occasionally to make sure that the dough is kneaded in all directions. Continue until the dough is elastic, smooth and satiny.

**RISING:** Dough must be kept warm and out of drafts if it is to rise properly. Place dough in a large greased bowl. Turn dough in the bowl so the greased part of the dough will be on top. Cover lightly with a clean tea towel.

Place dough in a warm spot where the temperature remains constantly between 80-90 degrees. If dough rises too little, the bread will be soggy and heavy. If it is allowed to rise too much, the texture of the baked product will be coarse.

**BAKING:** Oven temperatures for yeast breads vary from 350-450 degrees. Always check the recipe for oven temperature and length of baking time.

Bread that is done will shrink away from the sides of the pan. It should be browned to the desired degree. When done, loaf breads will have a hollow sound when thumped or tapped lightly on the top.

Immediately remove bread and rolls from the pan after baking. Brush with melted shortening or butter to prevent drying. Cool in a draft-free place on racks. Store breads in a dry, closed, ventilated container.

## TRICKS WITH BREAD

### Celery-cheese rye slices

Cut 1-pound loaf rye bread in 16 slices almost to bottom crust. Mix  $\frac{1}{4}$  c. margarine,  $\frac{1}{4}$  c. mayonnaise,  $\frac{1}{2}$  t. steak sauce, 1 c. grated Cheddar cheese and 1 t. celery seed. Spread between slices. Wrap in foil; heat in 400° oven about 20 min.

### Salt sticks

Cut sliced white bread in  $\frac{1}{2}$ " strips. Brush with melted butter or margarine. Toast in hot oven (400°) 8 to 10 min., or until golden. Sprinkle with coarse salt.

### Apple-butter cheese toast

Toast slices of bread. Spread with apple butter and sprinkle with grated sharp Cheddar cheese. Put under broiler until cheese is melted and bubbly. Cut slices.

### Savory croutons

Cut bread in small cubes. Fry in small amount of butter, margarine or fat drippings until brown, stirring constantly. Sprinkle with curry powder, marjoram, chili seasoning, onion salt or garlic salt.

### Garlic shoestrings

Brush slices of party rye bread with melted butter to which garlic salt has been added. Cut in thin strips. Toast in hot oven (400°) 5 min., or until lightly browned. Serve with tomato juice or soup.

### Wagon wheels

Spread canned liver paste between rounds of white and cracked-wheat bread. Roll edges in chopped parsley. Put a toothpick through each and a stuffed olive on one end of toothpick, a pickled onion on other.

### Brown-bread and cheese sandwiches

Thinly slice brown bread. Spread cottage cheese between three slices. Cut in quarters. Put a toothpick through each quarter and a pecan half on each end of toothpick.

### Toasted rounds and sticks

Cut slices of white bread with a doughnut cutter. Cut any type of dark bread in strips. Toast in oven until lightly browned. Put sticks through holes in rounds. Serve with butter or margarine.



## BREAD

## BANANA BREAD

|                 |              |
|-----------------|--------------|
| 1½ c. flour     | 1 t. soda    |
| 1 c. sugar      | 2 eggs       |
| ½ c. shortening | 1 c. bananas |
| ½ t. salt       |              |

Mix dry ingredients. Add eggs and bananas. Mix well and pour into two small loaf pans. Bake 40 to 50 minutes at 350°.

- Lurene Gibson

## BREAD

|                               |                                  |
|-------------------------------|----------------------------------|
| 2½ c. warm water              | 1 T. salt                        |
| 2 pkg. active dry yeast       | 1/3 c. cooking oil or shortening |
| 1½ c. instant nonfat dry milk | 7 to 7½ c. All-Purpose flour     |
| 2 T. sugar                    |                                  |

Measure water into large mixer bowl. Sprinkle yeast over water; add dry milk, sugar, salt, oil and about 3½ c. flour to make a thick batter. Blend well. Beat 3 minutes at medium speed of mixer. By hand, gradually add remaining flour to form a very stiff dough. Toss dough on floured surface until no longer sticky. Knead until smooth, 1 to 2 minutes. Divide in half. Using a rolling pin, shape dough into a 12x6 inch rectangle. Roll up tightly, starting with 6-inch side. Seal edges and ends. Place, seam-side down, in well-greased 8½x4½ inch pans. Cover. Let rise in warm place until doubled in size, about 1 hour. Bake at 375° for 35 to 40 minutes. Remove from pans immediately; brush with butter. Cool on wire rack.

- Dorothy DeMars

## CHEDDAR CHEESE BREAD

|                    |                                    |
|--------------------|------------------------------------|
| 1 pkg. dry yeast   | 3 T. shortening                    |
| ½ c. warm water    | ½ c. evaporated milk               |
| ½ c. boiling water | 2 eggs, beaten                     |
| 1½ t. salt         | 3½ c. sifted flour                 |
| ½ c. sugar         | 1 c. sharp cheddar cheese (grated) |

Dissolve yeast in warm water. Pour boiling water over salt, sugar and shortening. Stir until shortening is melted. Add milk; add dissolved yeast. Stir in beaten eggs. Add half the flour and beat thoroughly. Add remaining flour and beat until smooth. Let dough rise, until doubled in bulk - 1 hour. Add cheese and beat dough again. Divide dough in half and spread in two well-greased pans, 11½x4½x2-¾ inches. Let dough rise until doubled in bulk - 1 hour. Bake in hot oven 400° 20 to 25 minutes, or until golden brown.

- Mrs. Gavin G. Craig, Jr.

## BREAD

## CHEESE BISCUITS

|                         |                     |
|-------------------------|---------------------|
| ½ lb. butter            | ¼ lb. flour (1 cup) |
| ½ lb. very sharp cheese |                     |

Cream butter. Grate cheese. Work in cheese and flour with butter. Roll out very thin. Cut with cutter 1¼ inch in diameter. Put ½ pecan on each biscuit. Bake at 350° for 12-15 minutes.

- Betty Hinton

## CHEESE BISCUITS #2

|                             |                        |
|-----------------------------|------------------------|
| ½ lb. sharp cheese (grated) | ½ t. red pepper        |
| ½ lb. margarine             | ½ t. salt              |
| 2 c. all-purpose flour      | walnut or pecan halves |

Mix grated cheese, softened margarine, flour, pepper and salt, until well-blended. Form small biscuits in palm of hand. Pat flat on ungreased baking sheet. Dip walnut or pecan halves in milk; place on top of biscuit. Cook in moderate oven 350° until brown - 15 to 25 minutes. Sprinkle with paprika while hot.

- Mrs. Gretchen Niva

## SWISS CHEESE BREAD

|                          |                                     |
|--------------------------|-------------------------------------|
| 1½ cups milk             | 1 pkg. (8 oz.) pasteurized process  |
| ½ c. warm water          | Swiss or American cheese, not       |
| 2 T. sugar               | natural cheese                      |
| 1 T. salt                | 5 cups Pillsbury's Best All Purpose |
| 2 T. butter or margarine | Flour                               |
|                          | 2 pkgs. active dry yeast            |

Generously grease bottom and sides of two 9x5-inch loaf pans. In large saucepan, warm milk, water, sugar, salt, butter and cheese. (Cheese does not need to melt completely.) Cool to lukewarm. (No need to sift flour; measure by lightly spooning into cup and leveling off.) In large mixer bowl, combine 2 cups flour with yeast; add warm (not hot) cheese mixture. Beat 3 minutes at medium speed. By hand, gradually stir in remaining 3 cups flour to make a fairly stiff dough. Knead on lightly floured surface until smooth and elastic. Cover; let rise in warm place until light and doubled in size, 45 to 60 minutes. Punch down dough; divide in half and shape into two 11x5-inch rectangles. Cut each rectangle into 3 long strips, leaving strips joined at one end. Braid; place in prepared pans. Cover; let rise in warm place until light and doubled in size, 45 to 60 minutes. Bake at 350° for 40-45 minutes until deep golden brown and loaf sounds hollow when lightly tapped. Remove from pan immediately; cool completely.

- Patti Law

## BREAD

### DROP BISCUITS

|                       |                             |
|-----------------------|-----------------------------|
| 1 c. flour            | $\frac{1}{2}$ c. sweet milk |
| 2 t. baking powder    | 1 T. sugar                  |
| $\frac{1}{4}$ t. salt | 2 T. Crisco                 |

Mix all ingredients together. Drop by spoonfuls on cookie sheet. Bake at 350° for 10 to 15 minutes.

- Debbie Carter

### HOE CAKES

1 c. corn meal  
1 t. salt  
 $\frac{1}{2}$  c. boiling water

Combine to make a drop batter, adding more hot water if needed. Let stand for one hour. Pour cakes on hot greased griddle; turn and cook other side.

- Jane Mabry

### SOUR MILK BISCUITS

|                        |                    |
|------------------------|--------------------|
| 2 c. All-purpose flour | 3 t. baking powder |
| $\frac{1}{4}$ t. soda  | 1 t. salt          |
| 4 T. lard              | 1 c. buttermilk    |

Mix dry ingredients. Work in lard with blender. Add buttermilk quickly to make soft dough. Roll out and cut into biscuits. Bake at 450° until brown. (App. 10 minutes.)

- Lurene Gibson

### CORNBREAD

|                                    |                       |
|------------------------------------|-----------------------|
| $\frac{3}{4}$ c. self-rising flour | $\frac{1}{2}$ t. soda |
| $\frac{3}{4}$ c. plain corn meal   | $\frac{3}{4}$ t. salt |
| 1 T. sugar                         | 2 t. baking powder    |
| 2 eggs                             | buttermilk            |

Mix all ingredients. Add enough buttermilk to make a thick mixture. Add eggs and beat well. Bake in hot, greased muffin or cornstick pan in 475° oven until brown.

- Ethel Shields

### SLICK DUMPLINGS

|              |                        |
|--------------|------------------------|
| 1 c. flour   | Lard size of walnut    |
| 1 Pinch salt | $\frac{1}{2}$ c. water |

Mix well. Roll dough thin; drop into boiling chicken broth and cook until tender.

- Imogene Lovelace

## BREAD

### SURPRISE PUFFS

8 oz. pkg. refrigerated biscuits  
beaten egg white  
poppy seeds, chopped chives or minced onions  
Filling:  
Deviled ham ( $\frac{1}{2}$  oz. can)  
Liverwurst (4- $\frac{3}{4}$  oz. can)  
Anchovy filets (2 oz. can)  
2 T. crumbled bacon, mixed with 2 T. cheddar cheese, shredded)

Cut each biscuit into fourths, flatten each with fingers. Place  $\frac{1}{4}$  t. filling in center of each biscuit. Pull edges up and around to seal and form ball. Brush with egg white and roll in seeds, chives, or onions. Place seam-side down on cookie sheet. Bake 8 minutes.

- Mrs. C. Charles Clark

### DERBY DAY ROLLS

|                     |                              |
|---------------------|------------------------------|
| 1 pkg. yeast        | 1 c. hot water               |
| 1 c. lukewarm water | 2 eggs, beaten               |
| 1 c. shortening     | About 7 c. self-rising flour |
| 1 c. sugar          |                              |

Dissolve yeast in  $\frac{1}{2}$  c. lukewarm water. Cream shortening and sugar. Add 1 c. hot water. Cool to lukewarm. Add eggs. Add dissolved yeast and other  $\frac{1}{2}$  c. lukewarm water. Beat in the flour about a cup at a time to make a soft dough. Turn out on lightly floured board or cloth. Knead until smooth. Place in greased bowl, grease top, cover and let rise in warm place until double. When double, this may be shaped into any desired roll. Place in greased pan and grease tops. Cover and let rise until double. Bake at 425° 15 to 20 minutes. (This dough keeps well in the refrigerator.)

- Evelyn White

### CORN MEAL ROLLS

|                              |                             |
|------------------------------|-----------------------------|
| 2 c. sweet milk              | 2 eggs                      |
| $\frac{1}{2}$ c. shortening  | 2 pkg. yeast (dry or cakes) |
| 1 t. salt                    | $\frac{1}{2}$ c. warm water |
| $\frac{1}{2}$ c. sugar       | 4 c. flour                  |
| $\frac{1}{2}$ c. sifted meal |                             |

- Boil or heat milk-quickly add shortening.
- Stir until it cools.
- Stir in well-beaten eggs.
- Dissolve yeast in warm water and stir into mixture.
- Add flour. Mix well.
- Refrigerate to chill.
- Remove and add enough flour for handling.
- Place in well-greased pan and let rise 40 min.
- Bake at 450° degrees for 10 minutes.

- Mrs. Phyllis Lewis



## BREAD

## HOT ROLLS

1 c. milk  
 1/2 c. sugar  
 1 pkg. yeast dissolved in 1/2 c. warm water  
 1/2 c. butter  
 4 c. flour  
 3 eggs, beaten  
 1 t. salt

Heat milk, butter and add sugar till melted. Cool. Add remaining ingredients. Let rise overnight in covered bowl in refrigerator. Use as desired. Keeps well several days.

Make into rolls - let rise 2 hours. Bake in 400° preheated oven, 20 minutes.

- Mable Ross (Urish, Missouri)

## ICE BOX POTATO ROLLS

1 yeast cake or 1 pkg. dry yeast  
 1/2 c. warm water  
 1 c. milk  
 2/3 c. shortening  
 1/2 c. sugar  
 1 t. salt  
 1 c. mashed potatoes  
 2 eggs  
 4 or more cups flour

Soak yeast cake in 1/2 c. warm water. In large pan scald cup milk, add 2/3 c. shortening, 1/2 c. sugar, 1 t. salt, cup mashed potatoes (instant potatoes work well.) Let cool. Add yeast and enough flour to make thin batter (2 cups.) Let rise to double. Stir in two beaten eggs and flour to stiffen (2 more cups). Dump out on heap of flour and form into ball. Grease same pan and place in refrigerator. To bake, pinch off amount desired, knead 3 or 4 times, roll, cut with biscuit cutter, and fold over. Place on greased cookie sheet and let rise 1 1/2 hours. Bake in greased pan at 400°.

- Dorothy Reeves

## JACIL'S ICE BOX ROLLS

|                           |                 |
|---------------------------|-----------------|
| 1 cake Fleischman's yeast | 1/4 c. sugar    |
| 1/2 c. warm water         | 3/4 t. salt     |
| 1/2 t. sugar              | 1 c. warm water |
| 1/4 c. lard               | 4 c. flour      |

Place yeast in 1/2 c. warm water to which has been added 2 t. sugar. Let stand 30 min. Cream lard and 1/4 c. sugar and 3/4 t. salt. Add yeast mixture to this. Add 1 c. warm water and then stir in flour. Let rise 2 hours. Knead and place in refrigerator. Take out and fix rolls about 2 1/2 hours before baking. Bake at 425° until brown.

- Jacil Leigh

## BREAD

## HUSH PUPPIES

|                     |                               |
|---------------------|-------------------------------|
| 1/2 c. sifted flour | 1 1/2 c. white corn meal      |
| 2 t. baking powder  | 1 small onion, finely chopped |
| 1 T. sugar          | 1 beaten egg                  |
| 1/2 t. salt         | 3/4 c. sweet milk             |

Mix first six ingredients. Add beaten egg, then milk. Drop by spoonfuls in deep hot fat until brown.

- Lurene Gibson

## MUFFINS

|                    |                    |
|--------------------|--------------------|
| 2 c. sifted flour  | 2 T. sugar         |
| 2 t. baking powder | 1 egg, beaten      |
| 1/2 t. salt        | 1 c. milk          |
|                    | 1/4 c. fat, melted |

Sift together first four ingredients. Combine egg, milk and fat. Add to the dry ingredients all at once, stirring only enough to moisten. Fill greased hot muffin pan two-thirds full. Bake at 400° about 20 minutes. Makes 12 muffins.

- Dorine Geeslin

## OATMEAL MUFFINS (Better Homes &amp; Gardens)

|                               |                                |
|-------------------------------|--------------------------------|
| 1 c. sifted all-purpose flour | 1 slightly beaten egg          |
| 1/2 c. sugar                  | 1 c. milk                      |
| 3 t. baking powder            | 3 T. salad oil                 |
| 1/2 t. salt                   | 1 c. quick-cooking rolled oats |

Grease pan with 12 muffin cups. Sift first four ingredients. Add oats. Make "well" in center of bowl. Into it pour next three ingredients. Stir just to moisten. Mixture should be lumpy. Fill muffin pans 2/3 full. Bake at 425° about 15 minutes.

- Mary Dillingham

## SWEDISH PLETTAR (PANCAKES)

|                     |                               |
|---------------------|-------------------------------|
| 2 eggs              | 1/4 t. salt                   |
| 3 c. condensed milk | 1 and 1/3 c. flour (unsifted) |
| 3 T. sugar          |                               |

Beat eggs, add sugar, salt and milk. Gradually add flour, beating with electric or rotary beater until batter is smooth. Cook in Swedish skillet (this can be one flat skillet or the plettat skillet that makes 7 small pancakes.) This is a cast iron skillet. The only dealer in Bowling Green that I know of is Pushins. Serve with butter and your favorite preserves or syrup.

- Mrs. John R. Clifford (Virginia)

## BREAD

## FRENCH TOAST

3/4 c. flour                      1 egg  
 1/2 t. soda                      1 c. buttermilk  
 2 heaping t. baking powder    1/2 t. salt

Beat egg and add buttermilk. Sift together salt, flour, soda, and baking powder. Add to egg-milk mixture and mix well. Dip bread. Fry in deep fat until brown. This is also a good batter for fried onion rings.

- Christene Smith

## VIRGINIA SPOON BREAD

1 pt. milk                      1 t. salt  
 1/2 c. meal                      3 eggs  
 1/2 t. baking powder

Scald milk, stir in meal and cook to consistency of mush. Add baking powder and salt. Add egg yolks, slightly beaten. Beat egg whites and fold in. Bake in a greased pan 1/2 hour at 325°. Serve immediately.

- Mrs. Tate Page

## ORANGE TWISTS

1 1/2 pkg. active dry yeast      1 t. salt  
 1/2 c. warm water              1/2 c. pet milk  
 1/2 c. orange juice              2 eggs, beaten  
 1/2 c. shortening                5-6 c. sifted flour  
 1/3 c. sugar

Dissolve yeast in warm water. Combine orange juice and shortening. Blend well, add sugar and salt. Stir until lukewarm. Blend in yeast, milk and eggs. Gradually stir in enough flour to make a soft dough. Turn onto lightly floured surface. Knead until smooth and satiny (about 7 min.) Place in lightly greased bowl, turn over to grease top. Cover. Let rise in warm place until doubled, about 1 1/2 hours. Turn dough onto floured surface. Roll to 1/2 inch thick. Cut in strips. Form twists. Cover. Let rise until doubled, about 30 minutes. Fry in deep fat 375°. Drain. Dip in glaze - consisting of 1 box powdered sugar, 6 T. orange juice, and 1 T. vanilla, and grated orange peel. Makes 3 doz.

- Betty Hinton

## SILVER DOLLAR PANCAKES

2 cups bisquick                1 egg  
 1-1/3 c. sweet milk            1 pkg. dry yeast

Mix yeast with bisquick. Warm milk. Beat all ingredients with rotary beater until smooth. Bake in hot lightly greased griddle. Turn when bubbles appear.

- Imogene Lovelace

## BREAD

## LIGHT BREAD

4 c. whole milk, scalded and cooled to lukewarm  
 3 cakes yeast - or 3 pkg. dry yeast  
 3 tsp. salt  
 1/2 c. margarine, lard or crisco  
 2 eggs, well beaten  
 14 c. flour  
 3/4 c. sugar

Dissolve yeast in 1 c. warm milk. Set aside. In large mixing bowl beat eggs. Add 3 c. milk, salt and sugar. Stir. Add 12 c. flour, mix about one half, and add yeast mixture. Mix some more and add shortening. Use remaining 2 c. of flour for kneading. Knead well six to eight minutes. Place in large greased container. Cover and let rise until double in bulk. Knead. Let rise until double. Turn dough out on a slightly greased surface. Knead out air bubbles and divide dough into 3 or 4 loaves. Place in well-greased pans. Let rise in pans until double in bulk. Bake 400 degrees oven 15 min. Turn heat down to 325 degrees and bake 25 min. Remove from pans and cool on racks. If a soft crust is desired, brush surface with soft butter while loaves are still warm.

- Brooke Fryman

## OVERNIGHT EGG BREAD

2 pkg. dry yeast  
 1 c. evaporated milk  
 1 1/2 c. very hot water  
 1 T. or more salt  
 3 T. sugar  
 3 T. soft shortening  
 1 t. or more of vanilla  
 6 to 7 c. flour

Stir yeast into 2 cups of the flour. In a large mixing bowl, measure milk and water. Add salt, sugar, shortening and stir until dissolved. Stir in flour with yeast, mixing well. Beat in the eggs. Then add rest of flour until a nice dough is formed. On a floured board, knead dough for 10 minutes. This can be done in the bowl. Grease a large bowl, put ball of dough - turn over so all surface is well greased. Cover loosely with a towel. Refrigerate 4 hours or overnight. Remove from refrigerator, divide and shape into loaves (individual in very small pans are very nice for small dinners) Size of pans depends. Place in warm place, free from drafts. Let rise until light (about 1 to 1 1/2 hours. Bake in 375° oven until nicely browned and starting to pull away from sides. Brush finished loaves with melted butter if desired.

- Dorothy Garrett



## BREAD

### YEAST ROLLS

|                                  |                                |
|----------------------------------|--------------------------------|
| $\frac{1}{2}$ c. shortening      | $\frac{1}{2}$ t. salt          |
| $\frac{1}{2}$ c. sugar           | $3\frac{1}{2}$ c. sifted flour |
| $\frac{1}{2}$ c. boiling water   | 2 eggs, beaten                 |
| $\frac{1}{2}$ c. luke warm water | 1 pkg. dry yeast               |

Mix shortening and sugar. Pour boiling water over this and let cool. Dissolve yeast in lukewarm water. Put yeast mixture, eggs, and salt in shortening mixture. Stir in flour and put in refrigerator overnight. Dough will be soft. This keeps well for days.

- Mrs. James Hicks

### REFRIGERATOR SPOON ROLLS

|  |                                 |
|--|---------------------------------|
| 1 pkg. dry yeast                         | $\frac{1}{4}$ c. sugar          |
| 2 c. warm water                          | 1 egg, beaten                   |
| $1\frac{1}{2}$ sticks margarine (melted) | 4 c. self-rising flour (sifted) |

Place yeast in 2 cups warm water, melt butter and cream with sugar in large bowl. Add beaten egg. Add dissolved yeast to creamed mixture, then add flour and stir until well mixed. Place in airtight container and keep refrigerated. To cook, drop by spoonfuls into well-greased  $2\frac{1}{2}$ " muffin tins. Bake at  $350^{\circ}$  about 20 minutes.

- June Webb

### SHORTBREAD CRUST

|                              |                         |
|------------------------------|-------------------------|
| $\frac{1}{2}$ c. soft butter | $1\frac{1}{2}$ c. flour |
| $\frac{1}{4}$ c. sugar       |                         |

Cream butter and sugar. Add flour and mix until crumbs are formed. Mix with hands until a soft dough is formed. Press into bottom and sides of 8-inch round cake pan. Prick with fork. Bake 35 to 40 minutes at  $325^{\circ}$  until lightly browned. Cool in pan.

- Mrs. Gavin G. Craig, Jr.

### IRENE'S WAFFLES

|                             |
|-----------------------------|
| 2 c. flour                  |
| 1 t. salt                   |
| 4 t. baking powder          |
| 3 eggs                      |
| $1\frac{3}{4}$ c. milk      |
| $\frac{1}{2}$ c. wesson oil |

Sift flour, salt, and baking powder. Stir in milk. Add wesson oil. Beat and add egg yolks and whites separately.

- Irene Hale

## BREAD

### POTATO ROLLS

|                                |   |
|--------------------------------|---|
| 1 cake yeast or 1 pkg. yeast   | $\frac{2}{3}$ c. shortening (part butter) |
| $1\frac{1}{2}$ c. potato water | $\frac{2}{3}$ c. sugar                    |
| $1\frac{1}{2}$ t. salt         | 2 eggs well-beaten                        |
| 1 c. lukewarm mashed potato    |   |
| 6 c. sifted (plain) flour      |   |

Drain water from potatoes. If you do not have enough potato water, add plain warm water. Take  $\frac{1}{2}$  c. of this water and when it is lukewarm (not hot) dissolve yeast in it. Put the shortening and sugar in the remaining potato water and when it is lukewarm, add the yeast and stir well. Then add to this mixture  $\frac{1}{2}$  of the flour and mix well, then add warm potatoes, eggs and remaining flour. Mix well and cover bowl and let rise overnight. Next day, roll out and cut in 3-inch circles and fold over, place on cookie sheet. Let rise about  $2\frac{1}{2}$  hours and bake at  $450^{\circ}$ .

- Patti Law

### QUICK BUTTER FLUFFY ROLLS

|                             |                                  |
|-----------------------------|----------------------------------|
| $\frac{1}{2}$ c. warm water | 1 t. salt                        |
| 1 pkg. yeast                | $\frac{1}{2}$ t. soda            |
| 1 c. buttermilk             | $\frac{1}{2}$ c. soft shortening |
| $\frac{1}{2}$ c. sugar      | 2 eggs                           |
| $4\frac{1}{2}$ c. flour     |                                  |

Soak yeast in warm water for 5 min. Combine buttermilk, sugar, soda, salt, shortening, eggs, yeast mix, and  $\frac{1}{2}$  flour in mixing bowl. Beat until smooth. Stir in rest of flour. Knead on floured board. Roll dough oblong and cut into strips. Rub soft butter on dough before cutting. Stack 3 strips and cut in equal parts. Place in muffin pans. Cover and let rise (45-60 min.) Bake at  $425^{\circ}$  for 15-20 minutes.

- Mrs. Ruby Daniel

### ONION SESAME BREAD

|                                   |  |
|-----------------------------------|--|
| $\frac{1}{3}$ c. very warm water  | 2 t. sesame seed                       |
| 2 pkg. yeast                      | $\frac{1}{4}$ c. grated cheddar cheese |
| 1 10-oz. can condensed onion soup |  |
| 4 c. biscuit mix                  |  |
| $\frac{1}{4}$ c. melted butter    |  |

Sprinkle yeast on water and stir until dissolved. Stir in undiluted onion soup. Stir into biscuit mix until well blended. Pour butter in  $12 \times 8 \times 2$  inch pan. Sprinkle with 1 teaspoon sesame seed. Cool. Spread batter evenly over butter. Sprinkle with cheese and 1 teaspoon sesame seed. Cover and let rise  $\frac{1}{2}$  hour or until double in bulk. Start heating oven to  $400^{\circ}$  degrees. Bake bread about 25 minutes or until done. Cool on rack, cut in squares and serve hot as hamburger buns.

- Mrs. Gavin G. Craig, Jr.



## BREAD

### YEAST ROLLS

2 pkg. dry yeast, softened in  $\frac{1}{4}$  c. warm water  
 1 c. scalded milk  
 $\frac{1}{2}$  c. sugar  
 $\frac{1}{4}$  c. softened shortening  
 2 t. salt  
 5 c. flour  
 2 eggs

Soften yeast and let stand 5 to 10 minutes. Combine milk, sugar, fat and salt. Add flour to make thick. Add yeast and eggs. Add more flour to make thick again. Pour on floured board and knead. Place in oiled bowl, and cover. Let rise double, then punch down. Let rest 10 minutes. Pinch off pieces and put on greased pan. Let rise double, then bake at 425° for 15-20 minutes.

If desired, may put dough in refrigerator after it rises once and save to use later.

- Sue Hudnall

### SALT RISING BREAD

|                         |                              |
|-------------------------|------------------------------|
| 2 medium potatoes       | 1 pint boiling water         |
| 2 heaping T. meal       | 1 cup scalded milk           |
| 1 pinch salt - 3 times  | Flour - to make stiff batter |
| 1 pinch soda - 3 times  | Lard - the size of a walnut  |
| 1 pinch sugar - 3 times |                              |

At night, peel 2 medium potatoes, slice thin in quart fruit jar. Add 2 heaping T. of meal (waterground), a pinch of salt, pinch of soda and pinch of sugar. Pour over this a pint of boiling water. Wrap in a bath towel and set in a warm place. Next morning, stir. At noon, pour off liquid and add 1 cup of scalded milk to it. Add another pinch of salt, soda, and sugar and enough flour to make a stiff batter. Set this in a pan of warm water and let rise until double it's bulk. When risen, add another pinch of salt, soda, 3 T. sugar and lard the size of a walnut. Knead well and put into pans to rise. When doubled in bulk, bake.

- Mrs. Gavin G. Craig, Jr.

### QUICK ROLLS

|                                      |                 |
|--------------------------------------|-----------------|
| 1 c. self-rising flour               | 3 T. Mayonnaise |
| $\frac{1}{2}$ c. and 2 T. sweet milk |                 |

Mix the 3 ingredients together and bake in 400° oven in muffin tins until very brown. Makes eight.

- Eva Tucker

## BREAD

### PANETTONE

|                                      |  |
|--------------------------------------|--|
| $\frac{1}{2}$ c. milk                | 2 eggs, beaten                                 |
| $\frac{1}{2}$ c. butter or margarine | 2 c. flour, about                              |
| $\frac{1}{2}$ c. sugar               | $\frac{1}{3}$ c. seedless raisins              |
| 1 t. salt                            | $\frac{1}{4}$ c. mixed, diced candied fruits   |
| $\frac{1}{2}$ c. warm water, not hot | $\frac{1}{4}$ c. canned, diced toasted almonds |
| 1 pkg. active dry yeast              | 1 T. grated lemon peel                         |

Scald milk. Cool to lukewarm. Cream butter with sugar and salt. Measure the warm (110°) water into large mixing bowl. Sprinkle yeast over water; stir until dissolved. Stir in milk and the butter mixture. Add eggs and about half the flour. Beat until smooth. Blend in next 4 ingredients. Add enough remaining flour to make a soft dough. Turn out on lightly floured board; knead until smooth and elastic. Place in greased bowl; brush top with shortening. Cover with a damp cloth; let rise in a warm place until doubled in bulk (about 1½ hrs.). Punch down. Turn out on lightly floured board. Let rest 10 min. Shape into a round loaf. Place in a greased, deep round pan. (You can use a 2½ qt. cooking pot.) Cover; let rise in a warm place until doubled in bulk, about 1 hour. Cut an "X" across the top. If desired, beat an egg yolk slightly; stir a little water and brush top of dough with the mixture. Bake in a moderately hot oven, 375°, 50 to 60 min. or until brown.

- Romanza O. Johnson

### BANANA BRAN MUFFINS

|                              |                            |
|------------------------------|----------------------------|
| 1 c. sifted flour            | 1 egg, well beaten         |
| $\frac{3}{4}$ t. baking soda | 2 T. sour milk             |
| $\frac{1}{2}$ t. salt        | 2 c. thinly sliced bananas |
| 2 T. shortening              | 1 c. bran                  |
| $\frac{1}{2}$ c. sugar       |                            |

Sift flour, soda and salt together. Cream shortening and sugar together until fluffy, add egg, milk and bananas. Mix and then add bran. Let stand until bran softens. Add sifted dry ingredients, stirring only enough to dampen all the flour. Place in greased muffin pans and bake in moderate oven 375° about 35 min.

- Romanza O. Johnson

### QUICK REFRIGERATOR ROLLS

|                                 |                        |
|---------------------------------|------------------------|
| $\frac{3}{4}$ c. milk           | $\frac{1}{2}$ c. sugar |
| 1 cake yeast                    | 1 t. salt              |
| $\frac{1}{2}$ c. lukewarm water | 1 small egg, beaten    |
| 3 T. fat                        | 3 to 4 c. flour        |

Scald milk, soften yeast, in lukewarm water. Add fat, sugar, salt, to milk and cool to lukewarm. Add 1 c. of flour at a time and beat well. Add yeast and egg; mix thoroughly. Shape about 1½ hrs. before time to bake. Makes about 1½ dozen. Bake at 425°.

- Romanza O. Johnson





Cakes

## CAKE BAKING TIPS

Cake is really the aristocrat of foods. Cakes are a homey food when served warm with no frosting, or elegant when beautifully frosted and decorated.

There are two commonly used methods for making cakes: the Creaming method and the Quick method.

### CREAMING METHOD

In the creaming method, the shortening, sugar, eggs and salt are creamed or blended together until light and smooth, then the dry ingredients and the liquid are added alternately and blended until smooth. Most of the old-time favorite cake recipes are made by this method.

### QUICK METHOD

In the quick method, the shortening, dry ingredients and part of the liquid are mixed for two minutes, then the eggs and remaining liquid are added and mixed for two more minutes. This is a modern method and takes advantage of today's improved products.

The special properties of a top quality vegetable shortening make it possible to bake excellent cakes by either method.

### SIZE OF PANS

A cake recipe calling for 2 cups flour should be baked in two 8-inch, round pans, 1½ inches deep. A cake recipe calling for 2½ to 3 cups flour should be baked in two 9-inch, round pans, 1½ inches to 2 inches deep, or in two 8-inch, square pans, 2 inches deep.

### COMMON CAUSES OF CAKE FAILURE

WHEN CAKE HUMPS IN THE MIDDLE OR CRACKS ON TOP: Butter cake: Flour, over-measured or liquid undermeasured, or too hot an oven. Sponge or angel cake: Overbeaten egg whites, too much sugar, or too hot an oven.

WHEN CAKE IS HEAVY: Butter cake: Extreme overbeating, too much shortening or sugar, too slow an oven. Sponge or angel cake: Ingredients overmixed or oven too hot.

WHEN SPONGE OR ANGEL CAKE IS RUBBERY AND TOUGH: Too hot an oven.

WHEN BUTTER CAKE IS CRUMBLY AND FALLS APART: Too much shortening, too much leavening, or too much flour.

# CAKE BAKING HINTS

| IF THIS HAPPENS<br>WITH A<br>TESTED RECIPE | IT MAY BE<br>CAUSED BY THIS  | TRY THIS  |
|--|--|---|
| CAKE FALLS                                 | 1. Insufficient baking   | Test for doneness-- cake shrinks away from sides of pan. No imprint left when touched lightly on top.   |
|  | 2. Using self-rising instead of regular flour without reducing the leavening | Use ingredients specified in tested recipes.  |
| CAKE BREAKS                                | 1. Improper pan preparation  | Brush pan generously with shortening, then dust lightly with flour.   |
|  | 2. Improper cooling  | Let cake cool in pan on rack about 15 minutes, top crust up. Loosen cake from sides of pan. Place rack on cake and invert both. Remove pan and turn cake top side up immediately to finish cooling. |

## CAKE

### FRESH APPLE CAKE #1

|                     |                     |
|---------------------|---------------------|
| 2 c. sugar          | 1 t. salt           |
| 1½ c. oil           | 3 c. chopped apples |
| 2 eggs, well beaten | 1 c. nuts           |
| 2 t. vanilla        | 1 c. raisins        |
| 3 c. flour          | 1 ½ t. soda         |

Beat together the sugar and oil, add eggs and vanilla. Sift the flour with the salt and soda and add to oil mixture. Beat well. Add the apples, nuts, and raisins. Pour into a well-greased tube pan. Bake 1 hour at 230° or 1 hr. 40 min. at 300°.

- Mrs. Tate Page

### FRESH APPLE CAKE #2

|                        |                                |
|------------------------|--------------------------------|
| 1 c. shortening or oil | 1 t. cinnamon                  |
| 2 c. sugar             | 1 t. allspice                  |
| 4 eggs                 | ½ c. water                     |
| 2½ c. flour            | 1 t. vanilla                   |
| 1 t. soda              | 3 med. winesap apples, chopped |
|                        | 1 c. chooped pecans            |

Cream shortening with sugar and eggs until light. Add sifted dry ingredients alternately with water. Fold in vanilla, apples and pecans. Pour into prepared layer pans or one long pan. Bake at 350° for about 35 min.

### FROSTING FOR APPLE CAKE

|                                     |                      |
|-------------------------------------|----------------------|
| ½ c. margarine                      | 1 c. brown sugar     |
| ½ c. heavy cream or evaporated milk | ½ t. vanilla         |
|                                     | 1 box powdered sugar |

Combine margarine, sugar, and cream; mix well. Add powdered sugar and vanilla; blend well. Spread over cake.

- Patricia Shanahan

### APRICOT CAKE

|                                   |  |
|-----------------------------------|--|
| 1 box Duncan Hines lemon cake mix | ¾ c. Wesson oil                                |
| ½ c. white sugar                  | 1 c. apricot nectar                            |
|                                   | 4 eggs added one at a time and beat after each |

Cook in a tube pan at 325° approximately 50 min. Apricot Topping on following page.



## CAKE

### APRICOT TOPPING

1½ c. powdered sugar      1/3 c. apricot nectar  
Mix well. Pour over cake. Let set in pan until cool.

- Patricia Simon

### CHOCOLATE "BACK PORCH" CAKE

- Mix in electric mixer:

2 c. sifted flour  
2 cups sugar  
½ t. salt

Mix in sauce pan and bring to boil.  
Pour over first mixture.

1 c. water  
½ c. crisco  
1 stick oleo  
3 T. cocoa

Add:

½ c. buttermilk  
1 t. soda  
1 t. vanilla

Mix well and pour in greased pan 15 x 10½ x 1. Bake 20 min. at 350°.

### ICING

1 box powdered sugar  
1 stick oleo  
1 t. vanilla

3 T. cocoa  
6 T. sweet milk  
1 c. chopped nuts

Melt on stove but do not boil. Pour over cake while hot.

- Mable Ross  
Uruch, Missouri

### BANANA CAKE

1 box banana supreme cake mix      4 eggs  
1½ c. buttermilk      ¾ c. salad oil  
1 box banana cream pudding mix

Mix all ingredients together. Bake at 350° for 25-30 min.

### BUTTERMILK SAUCE

1 c. sugar      ½ c. buttermilk  
½ t. soda      ½ c. butter

Mix all ingredients and bring to a boiling point. Spoon over warm cake.

- Betty Hinton

## CAKE

### CARROT CAKE #1

|            |                     |
|------------|---------------------|
| 1½ c. oil  | 1½ t. soda          |
| 2 c. sugar | 1 t. salt           |
| 4 eggs     | 2 t. cinnamon       |
| 2 c. flour | 2 c. grated carrots |

Combine oil and sugar. Add eggs, beating mixture after each egg. Add gradually flour, soda, salt, cinnamon. Mix well. Fold in carrots. Bake in greased rectangular pan at 325°, or bake in two layers and cook at 350° for 40 min.

### ICING

|                      |                      |
|----------------------|----------------------|
| 1 stick oleo         | 1 box powdered sugar |
| 1 8 oz. cream cheese | 1 c. chopped nuts    |

Cream cheese and oleo. Add sugar gradually. Blend in nuts.

- Kendrick Stovall  
Greenville, KY

### CARROT CAKE #2

|                        |                      |
|------------------------|----------------------|
| 4 eggs                 | Filling:             |
| 2 c. sugar             | 1 stick butter       |
| 2 c. self-rising flour | 1 8 oz. cream cheese |
| 3 c. grated carrots    | 1 box powdered sugar |
| 1½ c. wesson oil       | 1 t. vanilla         |
| 1 t. cinnamon          |                      |

Blend eggs and sugar. Add sifted flour, cinnamon, and wesson oil. Add carrots last. Bake at 350°. Cool before filling.

For filling, cream all ingredients. Makes enough to ice two 9" layers.

- June Webb

### CHOCOLATE CAKE

|                  |                            |
|------------------|----------------------------|
| 1½ c. flour      | 3 eggs, well beaten        |
| 1½ c. sugar      | 1 t. vanilla               |
| ½ c. cocoa       | Icing:                     |
| 1 t. salt        | 2 T. butter                |
| 2 t. soda        | 6 T. hot coffee            |
| 1½ c. sour cream | 6 T. cocoa                 |
|                  | 3 or 4 cups powdered sugar |

Simply mix together the first five ingredients. Add the next three, mix well. Bake thirty min. at 350°.

Icing, melt the butter with the hot coffee. Add cocoa and mix well. Add sugar.

- Mrs. C. Charles Clark

## CAKE

### BURNT SUGAR CAKE

|                   |                       |
|-------------------|-----------------------|
| 1 1/2 c. sugar    | 1 t. baking powder    |
| 3/4 c. cold water | 1 scant teaspoon soda |
| 3/4 c. shortening | 2 eggs                |
| 1 t. vanilla      | 1 c. sweet milk       |
| 2 1/2 c. flour    |                       |

Burn one-half cup sugar in a steel spider to a deep brown, add water, shake well until all sugar is dissolved and set aside to cool. Cream shortening and sugar thoroughly, add milk, and mix flour sifted three times with baking powder and soda. Then add burnt sugar liquid and lastly the beaten egg white and flavoring. Bake in layers in a quick oven.

- Dorothy DeMars

### BUTTER CAKE

|                            |                               |
|----------------------------|-------------------------------|
| 1 pkg. Duncan Hines Butter | 8 oz. container of sour cream |
| Recipe cake mix            | 1 t. cinnamon                 |
| 3/4 c. Wesson oil          | 2 T. brown sugar              |
| 4 eggs                     | 1/2 c. sugar                  |

Mix cake mix, Wesson oil, eggs, sugar, and sour cream together. Pour half of batter in tube cake pan. Mix cinnamon and brown sugar (1/2 amount) together and swirl in the above batter. Pour rest of batter in pan and swirl in remaining half of cinnamon and brown sugar. Bake 1 hour at 350°.

- Dorothy Share

### CAKE 'N PUDDIN'

|   |   |
|---|---|
| 1 c. brown sugar                            | 1/2 c. chopped nuts   |
| 1/2 c. cocoa                                | 2 c. water  |
| 12 marshmallows (regular size or miniature) | 1 pkg. devil's food cake mix  |
|   | (Any of these ingredients may be increased or decreased according to one's taste) |

In an oblong pan 13 x 9 x 2, mix brown sugar and cocoa stir in 2 cups water. Snip marshmallows into quarters and scatter over this mixture or use miniature ones. Prepare cake mix according to package directions and spoon over above mixture, spread nuts over top. Bake according to cake mix directions. This will have a rich pudding under the cake, marshmallows will blend. Have plenty of whipped cream, ice cream, or topping. May be cut in half for smaller amount. Very good served hot.

- Dorothy Garrett

## CAKE

### WHITE CHOCOLATE CAKE

|   |                                   |
|---|-----------------------------------|
| 2 1/2 blocks white chocolate, melted                      | 2 1/2 c. cake flour               |
| in double boiler (these blocks are larger than chocolate) | 1 t. baking powder                |
| 1 c. butter   | 1 c. buttermilk                   |
| 2 c. sugar  | 4 egg whites beaten like meringue |
| 4 egg yolks   | 1 c. pecans, chopped              |
| 1 t. vanilla  | 1 c. angel flake coconut          |

Cream butter and sugar, beat in egg yolks, add vanilla and melted chocolate. Add flour and baking powder with buttermilk. Fold in egg whites, stir in coconut and pecans. If baked in oblong pan, cook longer. Bake at 350° for 30-40 min. if using two 9" pans.

### TOPPING

|                 |                              |
|-----------------|------------------------------|
| 1 c. sugar      | 1 small can eagle brand milk |
| 2 sticks butter | 1 t. vanilla                 |

Cook 20 min. till forms soft ball in cold water.

- Mrs. Lurene Gibson

### COCA COLA CAKE

|                    |                                 |
|--------------------|---------------------------------|
| 2 c. flour         | 1 1/2 c. miniature marshmallows |
| 2 c. sugar         | 1/2 c. buttermilk               |
| 2 sticks margarine | 1 t. soda                       |
| 3 T. cocoa         | 2 beaten eggs                   |
| 1 c. coca cola     | 1 t. vanilla                    |

Sift flour and sugar; heat butter, cocoa, coca cola, and marshmallows until melted. Pour into flour and sugar. Put soda in buttermilk, and then eggs and vanilla. Beat well. Bake in 9 inch cake pans at 350° for 40 or 45 min. If thinner cake is desired, use more pans.

### FROSTING

|                             |                               |
|-----------------------------|-------------------------------|
| 1/2 c. butter or margarine  | 1 box powdered sugar (sifted) |
| 2 T. cocoa or               | 1 c. broken pecans            |
| 1 oz. unsweetened chocolate | 1 t. vanilla                  |
| 6 T. coca cola              |                               |

Bring butter, cocoa and coca cola to a boil. Add to powdered sugar. Beat well. If darker frosting is desired, use more chocolate. This will only frost the top and between layer. More can be made by increasing all ingredients to desired amount.

- Dorothy Garrett



## CAKE

### COFFEE CAKE

|                    |                    |
|--------------------|--------------------|
| 1½ c. flour        | 1 egg              |
| 3 T. baking powder | 4 T. melted butter |
| ½ t. salt          | 2/3 c. milk        |
| 1/3 c. sugar       | 1 t. vanilla       |

Mix and pour in buttered pan or pyrex.  
Then sprinkle on top:

|               |                    |
|---------------|--------------------|
| 4 T. butter   | 1/3 c. brown sugar |
| 1 t. cinnamon | broken nut meats   |

Bake 20 to 30 minutes in moderate oven.

- Theima M. Carter

### DATE CAKE

|                    |              |
|--------------------|--------------|
| 1 c. dates (cut)   | ¼ c. butter  |
| 1 c. boiling water | 1 egg        |
| 1 t. soda          | 1 t. vanilla |
| 1 c. sugar         | ½ t. salt    |
| 1½ c. flour        | ½ c. nuts    |

Cut 1 cup dates and over them pour boiling water and soda. Cream sugar and butter. To this add well beaten egg, vanilla, salt, and flour. To this add first mixture and nuts. Bake in a 10" x 10" pan at 350°.

- Kathleen Brashear

### DATE NUT CAKE

|                       |                    |
|-----------------------|--------------------|
| 2 lbs. shelled pecans | 4 t. baking powder |
| 2 lbs. dates          | 1 t. salt          |
| 2 c. sugar            | 8 eggs             |
| 2 c. flour            |                    |

Sift dry ingredients three times, beat egg yolks and mix with 1 cup of flour. Beat egg whites stiff and fold into mixture. Fold in remaining flour. Add nuts and dates. Bake two hours in a 300° oven.

- Mrs. Gavin G. Craig, Jr.

### DUMP CAKE

|                               |                            |
|-------------------------------|----------------------------|
| 1 large can crushed pineapple | 1 pkg. yellow cake mix     |
| 1 can flaked coconut          | 2 sticks margarine, cut in |
| ½ c. chopped nutmeats         | thin strips                |

Continued on next page.

## CAKE

Into an oblong cake pan, dump the pineapple, juice. Spread evenly over bottom of pan. Dump coconut over pineapple and spread evenly but do not stir. Sprinkle chopped nutmeats evenly. Top with yellow cake mix (dry). Again, spread evenly but do not stir. Cover with strips of margarine. Bake at 325° for 45 min.

- Darlene Warren

### FUDGE CAKE

|                         |                           |
|-------------------------|---------------------------|
| 2 c. sugar              | Icing:                    |
| 1 c. butter or crisco   | 1/3 c. cream              |
| pinch of salt           | 1 stick butter or oleo    |
| 4 sq. melted chocolate  | 4 heaping T. cocoa        |
| 4 eggs well beaten      | 1 box powdered sugar      |
| 1 c. flour (cake flour) | vanilla and salt to taste |
| 1 c. chopped nuts       | ½ c. nuts                 |

Cream butter and sugar and salt, add well-beaten eggs and melted chocolate. Add flour a little at a time, beating well. Add nuts (pecans or walnuts). Bake at 350° for 35 min.

For icing, boil (bring to a) first three ingredients. Add powdered sugar, vanilla, salt, and nuts. Beat till thick and smooth.

- Mrs. C. Charles Clark

### GERMAN'S SWEET CHOCOLATE CAKE

|                               |                              |
|-------------------------------|------------------------------|
| 1 pkg. Baker's German's sweet | 1 c. buttermilk              |
| chocolate                     | ½ t. salt                    |
| ½ c. boiling water            | 2 c. sugar                   |
| 1 c. butter                   | 1 t. vanilla                 |
| 4 egg yolks, unbeaten         | 1 t. baking soda             |
| 2½ c. cake flour              | 4 egg whites, stiffly beaten |

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, and beat well after each. Add melted chocolate and vanilla. Mix well. Sift together salt, soda, and flour. Add alternately with buttermilk to chocolate mixture, beating well. Beat until smooth. Fold in beaten egg whites. Pour into three 8 or 9 inch cake layer pans, lined on bottoms with paper. Bake moderate oven 350° for 30 or 40 min. Cool. Frost tops only.

- Dorothy DeMars

### HOT FUDGE CAKE

|                |               |
|----------------|---------------|
| Sift together: | 2 c. flour    |
|                | 2 c. sugar    |
|                | 1 t. cinnamon |
|                | 1 t. soda     |

Continued on next page.



# CAKE

Mix together, bring to a boil, and add to the above:

1 stick butter  
 $\frac{1}{2}$  c. oil  
 1 c. water  
 4 T. cocoa

Add to the above mixture: 2 eggs  
 $\frac{1}{2}$  c. buttermilk

Bake 30-35 min. at 350°.

## TOPPING

Boil: Remove from heat and add:  
 1 stick butter 1 box powdered sugar  
 6 T. milk 1 c. nuts  
 4 T. cocoa 1 c. coconut

Spread on cake while warm.

- Lurene Gibson

## RING-OF-COCONUT FUDGE CAKE

2 c. sugar 2 t. baking powder  
 1 c. cooking oil  $1\frac{1}{2}$  t. salt  
 2 eggs 1 c. hot coffee or water  
 3 c. Pillsbury's Best All-Purpose flour 1 c. buttermilk or sour milk  
 3/4 c. unsweetened cocoa 1 t. vanilla  
 2 t. soda  $\frac{1}{2}$  c. chopped nuts

Generously grease and lightly flour a 10-inch tube or Bundt pan. Prepare filling; set aside. (No need to sift flour; measure by lightly spooning into cup and leveling off.) In large mixer bowl, combine sugar, oil and eggs; beat 1 minute at high speed. Add remaining ingredients except filling and nuts; beat 3 min. at medium speed, scraping bowl occasionally. By hand, stir in nuts. Pour  $\frac{1}{2}$  batter into prepared pan. Carefully spoon prepared filling over batter; top with remaining batter. Bake at 350° for 70 to 75 min until top springs back when touched lightly in center. Cool upright in pan for 15 min.; remove from pan. Cool completely; drizzle with glaze made by combining 1 cup powdered sugar, 3 T. cocoa, 2 T. butter, 2 t. vanilla and 1 to 3 T. hot water.

Filling:  
 $\frac{1}{4}$  c. sugar 1 egg  
 1 t. vanilla  $\frac{1}{2}$  c. flaked coconut  
 1 pkg. 8 oz. cream cheese, 1 c. 6 oz. semi-sweet or milk softened chocolate pieces

In small mixer bowl, beat sugar, vanilla, cream cheese, and egg until smooth. Stir in coconut, add chocolate pieces.  
 (For use with Pillsbury Best Self-Rising Flour, reduce soda to 1 t.; omit baking powder and salt.)

- Patti Law

# CAKE

## "GLORY BE" CAKE

2 c. self-rising flour 3 eggs  
 (unsifted) 1 jar Jr. prunes with tapioca  
 2 c. sugar 1 c. nuts  
 2 T. instant tea 1 c. oil

Preheat oven to 350°. Combine all ingredients. Beat until just well-mixed--approximately 30 seconds. Bake in greased and floured tube pan 65-70 min. Turn on rack to cool. (Similar to banana nut bread. Good accompaniment with coffee.)

- Margaret Kimbrough  
 Nashville, Tennessee

## JAM CAKE #1

6 egg yolks, beaten 1 c. raisins  
 2 c. brown sugar 1 c. chopped nuts (dust these in  
 1 c. butter or margarine a portion of the flour)  
 1 t. soda dissolved in  $1\frac{1}{2}$  t. cloves  
 1 c. buttermilk 2 t. cinnamon  
 $1\frac{1}{4}$  c. jam (strawberry is moist) 4 c. flour, sifted 3 times  
 6 stiffly beaten egg whites

Cream butter, sugar, and add egg yolks. Add jam, cloves, cinnamon. Alternate soda/buttermilk with flour mixing well but do not over mix. Add raisin and nuts and fold in egg whites. Bake at 350° for one hour and about  $\frac{1}{2}$  hour at 325°. I use tube pan. This makes a high, tender, moist cake and is good as is. If you prefer, ice with your favorite caramel icing. If you have a fast oven, bake less time and watch closely for it might burn during last  $\frac{1}{2}$  hour if your oven is too hot.

- Mrs. John R. Clifford

## JAM CAKE #2

6 eggs, beaten separately  $1\frac{1}{2}$  t. soda  
 $4\frac{1}{2}$  c. flour ( $\frac{1}{2}$  c. to mix with jam) 2 t. cinnamon  
 1 c. butter ( $\frac{1}{2}$  butter and  $\frac{1}{2}$  crisco)  $\frac{1}{2}$  t. nutmeg  
 2 c. sugar 2 c. jam  
 1 c. buttermilk 1 c. cherry preserves  
 1 small can crushed pineapple (drained)

Cream butter and sugar and beaten egg yolks. Add flour and milk alternately. Mix soda in buttermilk. Sift spices and flour. Next add egg whites, then add crushed pineapple. Add jam and preserves which have been mixed with flour. Bake in a 350° oven.

- Mrs. Gavin G. Craig, Jr.

## CAKE

### LEMON CAKE

1 box lemon cake mix      1 pkg. lemon instant pudding  
4 eggs      3/4 c. wesson oil  
3/4 c. water

Combine ingredients and beat 5 min. Bake in ungreased sheet pan for 30 min. at 350°.

### GLAZE

2 c. powdered sugar      1/3 c. orange juice  
1/3 c. wesson oil      2 T. warm water

Mix ingredients. Slash lemon cake when you take it from the oven. Pour glaze over hot cake so that it will saturate.

- Virginia Mutchler

### NESTLES QUICK CAKE

2 c. flour      Bring to boil:  
2 c. sugar      2 sticks butter or oleo  
4 T. Nestles Quick Chocolate      1 c. water  
1/2 t. cinnamon or other      Pour into dry ingredients and add:  
spices      1/2 c. buttermilk  
2 eggs  
1 t. vanilla

Bake 20 minutes at 350°. Do Not Overbake.

### ICING

1 stick butter      4 T Nestles Quick  
6 T. milk

Bring the above to a boil. Then add:

1 box powdered sugar  
1 c. nuts  
1 t. vanilla

Pour on cake.

- Corine Portney  
Central City, Kentucky

### OATMEAL CAKE

1 c. three min. oats      1 1/3 c. flour  
1 1/2 c. boiling water      1 t. cinnamon  
1/2 c. butter      1 t. soda  
1 c. sugar      1 t. vanilla  
1 c. brown sugar      1 t. salt  
2 eggs

Continued on next page.

## CAKE

Pour boiling water over oats and let stand 20 minutes. Cream butter, sugar, and brown sugar. Add well beaten eggs. Sift together flour, cinnamon, soda, and salt. Add to creamed mixture. Add vanilla. Add this mixture to oats and bake at 350° until done.

### TOPPING

1/4 c. butter      1 c. coconut  
1 c. brown sugar      1/3 c. evaporated milk

Mix together, spread on cake and put under broiler for 5 seconds or until bubbly. Be careful not to burn.

- Mrs. Gavin G. Craig, Jr.

### PECAN WHISKEY CAKE

1 c. butter      2 t. nutmeg  
2 c. sugar      1 c. whiskey  
6 eggs, well beaten      3 c. raisins  
3 1/2 c. cake flour      4 c. pecans, broken  
4 t. baking powder      1/2 c. flour  
2/3 t. salt

Cream first two ingredients really well, add eggs and beat well. Sift dry ingredients together several times. Add to first mixture alternately with whiskey. Dredge the raisins and pecans in the half cup flour and stir into mixture. Bake in two greased loaf pans 1 hour at 350°.

- Mable Ross  
Urich, Missouri

### PINEAPPLE CAKE

1 box lemon cake mix      10 oz. bottle 7-Up  
3/4 c. wesson oil      Icing:  
1 box instant pudding      1 sm. can pineapple  
4 eggs      1 can angel flake coconut  
1 1/2 c. sugar  
1 stick butter  
2 eggs

Mix first 5 ingredients and bake in large oblong pan 350° for 35 min. Cook icing ingredients until thick. Put on cake while hot. (Punch holes in cake so icing will go into it.)

- Lurene Gibson



# CAKE

## POUND CAKE #1

|                  |                              |
|------------------|------------------------------|
| 2 c. sugar       | 1 t. vanilla                 |
| 1 c. shortening  | $\frac{1}{2}$ t. lemon juice |
| 2 c. plain flour | 6 eggs                       |
|                  | $\frac{1}{2}$ t. salt        |

Mix sugar and shortening until creamy. Then add part of the flour (to which the salt has been added), then part of the eggs. Continue add flour and eggs until they have been mixed in completely. Add vanilla and lemon juice. Then pour into a tube pan that has been well-greased and floured. Bake at 325° for one hour or until well done.

- Dorine Geeslin

## POUND CAKE #2

|                         |                        |
|-------------------------|------------------------|
| 8 eggs                  | 1 t. vanilla           |
| 2 c. + 2 T. sugar       | 1 t. baking powder     |
| 1 lb. butter            | $\frac{1}{2}$ c. cream |
| $3\frac{1}{2}$ c. flour |                        |

Separate eggs and whip whites until stiff and gradually add 6 T. sugar. Chill until batter is mixed. Cream butter and gradually add remainder of sugar. Add 2 egg yolks at a time and beat well after each addition. Add flour and baking powder and cream alternately. Whip this mixture approximately 10 min. on low speed. Mix in vanilla. Add egg whites, beat as long as it takes to mix well. Cook in greased and floured pan 1 hr. 25 min. at 300°. Let cool in pan about 10 min. before removing.

- Georgia Sublett

## PRUNE CAKE

|                               |  |
|-------------------------------|--|
| $1\frac{1}{2}$ c. white sugar | 1 t. nutmeg                            |
| 1 c. wesson oil               | 1 t. cinnamon                          |
| 3 eggs                        | 1 t. allspice                          |
| 2 c. all purpose flour        | 1 t. salt                              |
| 1 c. pecans                   | 1 t. soda dissolved in 1 c. buttermilk |
| 1 c. cooked prunes            |  |

Mix, adding prunes last. Beat well. Bake at 300° for 40 min.

## BUTTERMILK ICING

|                             |                       |
|-----------------------------|-----------------------|
| 1 c. white sugar            | $\frac{1}{2}$ t. soda |
| $\frac{1}{2}$ c. buttermilk | 1 t. white corn syrup |
| $\frac{1}{2}$ c. butter     | 1 t. vanilla          |

Bring to boil on medium heat. Boil slowly 15 min., add vanilla and beat.

- Lurene Gibson

# CAKE

## PUMPKIN CAKE

|                       |               |
|-----------------------|---------------|
| 4 whole eggs          | 2 c. sugar    |
| 1 c. salad oil        | 2 c. flour    |
| 2 t. soda             | 2 t. cinnamon |
| $\frac{1}{2}$ t. salt | 2 c. pumpkin  |

Beat eggs and sugar until light. Add oil, continue to beat. Sift dry ingredients together and add to egg mixture. Add pumpkin. Mix well. Pour into 9 inch tube pan that has been oiled and floured. Bake at 350° for 55 min. or until done. Let stand in pan for 10 min. before turning out on rack to cool.

## FROSTING FOR PUMPKIN CAKE

|                           |                |
|---------------------------|----------------|
| 1 3 oz. pkg. cream cheese | 1 stick oleo   |
| 1 lb. powdered sugar      | 1 t. vanilla   |
| 2 or 3 T. milk            | chopped pecans |

Have cream cheese and oleo at room temperature. Cream together and add sugar, vanilla, and milk to makes right consistency to spread. Add nuts and frost cake.

- Mrs. James Hicks

## SEVEN-UP CAKE

|                                     |                             |
|-------------------------------------|-----------------------------|
| 1 box yellow cake mix               | $\frac{1}{2}$ c. wesson oil |
| 1 box pineapple instant pudding mix | 1 10 oz. bottle Seven-Up    |
| 4 eggs                              |                             |

Mix together and bake at 350° about 35 to 40 min.

## ICING

|                        |                               |
|------------------------|-------------------------------|
| 2 c. sugar             | 1 stick butter                |
| $\frac{1}{2}$ T. flour | 1 small can crushed pineapple |
| 2 eggs                 |                               |

Cook until thick; stir constantly. Pour over cake.

- Cathryn Wroe  
Fordesville, Kentucky

## SEVEN-UP CAKE #2

|                                 |                                       |
|---------------------------------|---------------------------------------|
| 1 box lemon cake mix            | 7 Up (10 oz.)                         |
| 1 box pineapple instant pudding | 4 eggs                                |
|                                 | $\frac{1}{2}$ c. wesson oil or mazola |

Combine ingredients. Bake in three layers.

Continued on next page.



## CAKE

### ICING

1 large crushed pineapple      1 stick butter  
2 eggs      2 c. sugar  
2 T. flour

Cook until thick stirring constantly.

- Ruby Lynch  
Hammond, Indiana

### SOUR CREAM CAKE

3 c. sifted flour      1 c. sour cream  
3 c. sugar      1 c. butter  
 $\frac{1}{4}$  t. soda      6 eggs, separated

Sift flour, then sift twice more with soda added. Cream butter and sugar thoroughly. Add egg yolks, one at a time, and beat well after each addition. Add sour cream, flour and soda mixture to creamed mixture. Beat egg whites stiff and fold in. Bake in large greased and floured tube pan in 300° oven about 1½ hrs. Turn cake out of pan immediately on taking out of oven. This recipe makes a good German Chocolate pound cake by adding  $\frac{1}{4}$  t. soda and blend 1 pkg. German chocolate melted--just soften chocolate in warm oven.

- Evelyn White

### "SPECIAL"

10 whole eggs      1 T. grated orange rind  
1  $\frac{1}{3}$  c. sugar      2 T. orange juice  
1 c. flour      1 heaping t. cream of tartar

Beat the egg yellows until light and fluffy. Beat the whites until foamy. In whites add cream of tartar. Beat until stiff. Add sugar slowly and keep beating. After sugar is beaten in, add yolks, orange juice and rind. Fold in flour. Bake at 375°. Test for doneness with toothpick. (Bake in stem pan.)

- Mrs. W. R. R. LaVielle

### STRAWBERRY CAKE

1 box white cake mix       $\frac{1}{2}$  c. water  
4 T. self-rising flour      4 eggs  
 $\frac{1}{2}$  t. salt      1 small box strawberries (frozen)  
1 c. wesson oil or mazola      1 box strawberry jello

Mix dry ingredients, add berries last. Bake in moderate oven for 30 to 35 min. (325°) Bake in layers. Icing on following page.

## CAKE

### ICING

1 small can Carnation      1 stick butter or margarine  
milk (evaporated)      1 large T. marshmallow cream  
2 c. sugar

Cook milk, sugar, and butter for 15 min. slowly. Put in cold water and let stand until thick. Beat in marshmallow cream and beat. Spread between layers and on top of cake.

- Lou Don Doss  
Greenville, Kentucky

### VANILLA WAFER CAKE

2½ sticks margarine      2 c. angel flake coconut  
1  $\frac{3}{4}$  c. sugar      1 c. pecans, chopped  
6 whole eggs      1 t. vanilla  
1½ lb. pkg. vanilla wafers,  
rolled

Cream butter and sugar. Add eggs, one at a time and beat well. Then add rolled vanilla wafers, coconut, pecans, and vanilla. Bake about one hour and 20 min. in a greased and floured tube pan in 350° oven.

- Mrs. R. L. Sleamaker and  
Thelma M. Carter

### YUM YUM COFFEE CAKE

$\frac{1}{2}$  c. butter      1 t. baking powder  
1 c. sugar       $\frac{1}{2}$  t. salt  
2 eggs       $\frac{1}{2}$  t. vanilla  
2 c. flour      1 c. buttermilk  
1 t. soda

Topping:  
1/3 c. brown sugar      1 t. cinnamon  
 $\frac{1}{4}$  c. sugar      1 c. chopped nuts

Cream butter and sugar, add eggs one at a time and beat well. Sift dry ingredients and add alternately with buttermilk and vanilla. Pour  $\frac{1}{2}$  of batter in 9 x 12 greased and floured pan. Cover with  $\frac{1}{4}$  of topping and repeat. Bake at 350° for 35-40 min.

- Katherine Higgins

## CAKE

### MISSISSIPPI MUD CAKE

|                 |                               |
|-----------------|-------------------------------|
| 2 c. sugar      | 2 t. vanilla                  |
| 1 c. shortening | 1 c. nuts                     |
| 1½ c. flour     | 1 t. salt                     |
| 4 eggs          | 1 pkg. miniature marshmallows |
| 1/3 c. cocoa    | (use enough to cover cake)    |

Cream sugar, add shortening and eggs, one at a time, beat by hand. Sift flour, cocoa, and salt. Add to above mixture, add vanilla and nuts. Pour into oblong pan. Bake 30 to 35 min at 300°. Spread marshmallows on cake; put into oven, but remove from oven when they are melted.

### ICING

|                            |                      |
|----------------------------|----------------------|
| 2 sticks margarine, melted | ½ c. can cream       |
| 1 c. nuts                  | 1 box powdered sugar |
| 1/3 c. cocoa               |                      |

Combine all above ingredients for icing and beat until well blended. Let cake cool about 30 min. Then pour icing mixture over marshmallows and let cool before slicing.

- Sandra Hieronymus  
Raleigh, North Carolina



*Candies*



Follow the Recipe Faithfully

Don't try to substitute ingredients or double the recipes. These formulas have been perfected for home use in a kitchen similar to your own, and call for quantities easily handled with average household utensils.

Prevent Sugary Results

Sugary candy is often caused by sugar crystals finding their way into the candy as it cooks or cools. This applies to both types of candies--the crystalline, such as fudge, divinity, panocha and fondant; and the non-crystalline, such as taffy, chewy caramel and crunchy brittle.

## 1. AVOID LETTING CRYSTALS FORM

Here is how you can prevent sugar crystals from forming around the sides of the candy pan.

If recipe calls for butter or margarine, use it to grease sides of saucepan before adding other ingredients.

Heat the milk or water used in the candy before adding the sugar and it will dissolve faster. Stir the sugar in thoroughly before placing the mixture over the heat.

Cover the cooking pan during the first part of the cooking or until the mixture boils up well. The steam will melt the sugar crystals down from the sides of the pan. Then uncover the saucepan to permit evaporation.

## 2. AVOID CRYSTALS IN COOLING

During the cooling period, be sure that the candy is not moved or jarred, as any agitation will cause the sugar to crystallize and this will result in sugary candy.

## 3. AVOID CRYSTALS IN POURING

In non-crystalline candies, such as taffies, caramels or brittles, the syrup is poured from cooking pan to cooling pan. As you pour, hold the saucepan within an inch or so of the cooling pan and never scrape out the last of the syrup.

## BOURBON BALLS

|  |                                     |
|--|-------------------------------------|
| 3 1-lb. boxes confectioners sugar (sifted) | 2/3 c. bourbon                      |
| 3/4 c. soft butter                         | 3 boxes semi-sweet baking chocolate |
| 2 c. chopped pecans                        | 1 box unsweetened baking chocolate  |
|  | 1/16 bar parafin (grated)           |

Soak pecans in bourbon. Add sugar and butter. Shape into balls and chill. Melt chocolate and parafin in double boiler. Dip candy and place on baking sheet and chill. Store in covered can.

- Juanita Dickson

## DATE CANDY

|                    |                        |
|--------------------|------------------------|
| 1 small pkg. dates | 1 beaten egg           |
| 1 stick oleo       | 1 c. chopped nuts      |
| 1 c. sugar         | 1 1/2 c. rice crispies |
| 1 pinch salt       |                        |

Melt oleo. Stir in dates, sugar, salt and beaten egg. Cook slowly 10 minutes, stirring constantly. Remove from stove. Stir in nuts and rice crispies. Form into small balls and roll in powdered sugar.

- Marie Hayes

## CREAMY PRALINES

|                 |               |
|-----------------|---------------|
| 2 1/2 c. sugar  | 1/4 c. butter |
| 1 c. buttermilk | 1 t. vanilla  |
| 1 t. soda       | 2 c. pecans   |
| 1/4 t. salt     |               |

Combine 1st 4 ingredients and cook to 235° or soft ball stage. Add vanilla and butter and cook 5 minutes. Beat till it begins to thicken - add pecans and drop on wax paper.

- Mable Ross

## OLD ENGLISH TOFFEE

|                 |              |
|-----------------|--------------|
| 1 lb. butter    | 1 c. nuts    |
| 2 c. sugar      | 1 t. vanilla |
| 6 T. cold water |              |

Cook until hard in water, 300°. Add 1 cup nuts and 1 t. vanilla. Pour into buttered pan. When cooled a little, shave german chocolate over top, spread and cover with chopped nuts.

- Lurene Gibson

CHOCOLATE CANDY

12 oz. Nestles semi-sweet chocolate  
2/3 c. condensed milk  
1 T. water  
1 c. vanilla

Melt chocolate in double boiler; stir in other ingredients. Drop on oiled paper and put in refrigerator to harden.

- Luene Gibson

FANTASY FUDGE

2/3 c. milk  
3/4 c. butter  
7 oz. marshmallow cream  
3 c. sugar  
1 c. vanilla  
chips

Combine milk, sugar and butter. Bring to a rolling boil and let boil for 5 minutes. Remove from heat and add remaining ingredients. Put in a 13x9 pan and let cool. Then cut in squares.

- Sue Hudson

ARTYNE'S FABULOUS FUDGE

1 1/4-oz. can evaporated milk  
4 1/2 c. sugar  
1 5-3/4 oz. pkg. milk chocolate pieces  
3 sticks margarine  
1 9-oz. jar marshmallow cream  
2 c. vanilla extract  
2 c. chopped nuts

Place evaporated milk and sugar in large saucepan. Stir well and bring to a boil. Let boil for 15 min., stirring occasionally. While milk and sugar is boiling, place milk chocolate pieces, semi-sweet chocolate pieces, margarine and marshmallow cream in a large mixing bowl. When milk mixture is ready, pour over chocolate mixture and stir until blended. Add vanilla extract and nuts. Pour into buttered 13x9x2 inch pan. Chill until firm. Yield: 5 lbs.

- Marie Hayes

FRENCH CHOCOLATE FUDGE

1 c. (6-oz.) semi-sweet chocolate pieces  
3 T. ground nut meats (optional)  
1/2 t. vanilla  
1/3 c. plus 1 T. Eagle Brand condensed milk  
pinch salt

Melt chocolate in double boiler. Remove from heat. Stir in all other ingredients. Stir only until smooth. Turn onto waxed paper lined container. Press into block 1-inch high. Refrigerate until firm. Store in airtight container.

- Juanita Dickson

HOLIDAY DELIGHT

3 c. sugar  
1 c. white syrup  
1 1/2 c. coffee cream  
Cook to soft ball stage. Remove from heat and add:  
1 1/2 c. vanilla and beat until stiff.

Then add:  
1/2 lb. Brazil nuts  
1/2 lb. pecans whole  
1/2 lb. English walnuts  
1/2 lb. candied cherries  
1/2 lb. candied pineapple  
Put in buttered pan. Cool 24 hours. Cut in squares.

- Peggy Sparks, Graham, Ky.

FUDGE

2 boxes chocolate pudd. f (not instant)  
1 stick butter  
1/2 c. milk  
1 lb. confectioners sugar

Boil pudding, butter, and milk for one minute. Stir in confectioners sugar. Pour onto waxed paper on a greased platter and cut into squares.

- Dorine Geeslin

FUDGE, CHOCOLATE

4 1/2 c. sugar  
1 large can evaporated milk  
1/2 lb. butter  
2 pkg. semi-sweet choc. bits  
1 jar marshmallow cream  
2-3/4 c. nuts

Cook sugar, milk and butter to soft-ball (236°). Turn off burner, but leave pan on it. Add the rest of the ingredients. Pour in greased pan. Age 1 day, not in the refrigerator.

- Mrs. Gavin G. Craig, Jr.

CHOCOLATE FUDGE

4 c. sugar  
1 large evaporated milk  
3/4 stick butter  
1 c. vanilla  
1 jar marshmallow creme  
1 c. chopped nuts

Mix all ingredients except nuts and vanilla. Cook to soft ball stage (243°) for 10 minutes. Remove from stove and add nuts and vanilla. Beat until consistency to pour. Pour in buttered dish and cool several minutes before cutting.

- Imogene Lovelace



## CANDIES

### PECAN KISSES

1 egg white                      1½ cup nuts  
1 cup brownulated sugar      1 t. vanilla

Beat egg white and vanilla, slowly and sugar. Have oven at 400°. Put cookies from spoon on foil. Immediately turn off oven. Leave in oven 8 minutes.

- Mrs. Sara D. Taylor

### DATE ROLL

½ lb. pecans, chopped          1 7-oz. pkg. dates  
3 T. butter                      3 c. white sugar  
1 t. vanilla                      1 c. rich milk or thin cream

Boil dates, milk and sugar together rapidly for 20 minutes or until dates are dissolved. Stir during boiling. Cook until mixture reaches the soft-ball stage. Take from fire and add butter. Cool. Add vanilla and pecans. Beat until the mixture is stiff enough to knead as you would a soft dough. Anchor a clean dampened cloth over a bread board. Finish kneading to fondant-like mixture. Roll in long thin roll. Wrap in waxed paper, and put in refrigerator to harden. Cut into small pieces for serving.

- Lurene Gibson

### DIVINITY

2½ c. sugar                      2 egg whites  
2/3 c. corn syrup              ½ t. vanilla  
½ c. water  
1 t. salt

Combine sugar, syrup, water and salt. Cook over low heat until sugar is dissolved, stirring. Cover syrup and cook for two minutes. Uncover and continue cooking without stirring until hard ball forms in icy-cold water. Beat whites to form stiffly pointed peaks. Pour divinity syrup gradually into whites beating constantly. Add vanilla. Continue beating until a small amount of divinity dropped from a spoon holds its shape.

- Patti Law

### AUNT BELLE'S BROWN CANDY

3 c. sugar                      1/4 c. butter  
1 c. cream                      1/2 t. vanilla  
1/8 t. soda                      1 lb. nuts

Melt 1 cup sugar till light brown. Pour slowly into remaining sugar-cream mixture. Cook to 246° or firm ball. Stirring constantly. Add soda and stir vigorously. Add butter. Cool 10 min. Add vanilla and beat till thick and shiny. Blend in nuts. Pour in 9x12 pan. Cool; cut in squares.

- Mable Ross

## CANDIES

### PEANUT BRITTLE #1

2 c. sugar  
½ c. water  
1 c. white syrup

Boil to thread 310-330. Add: 2 c. raw spanish peanuts and boil to hard brittle. Add 3 T. oleo, 1 t. vanilla and 2 t. soda. Stir fast and pour on oiled cookie sheet as it is foaming. Spread as thin as possible. Break in bite size pieces when cooled.

- Mrs. Robert Bueker

### PEANUT BRITTLE #2

2 c. sugar                      2 T. butter  
1 c. Karo, white              1 t. salt  
½ c. water                      2 t. vanilla  
3 c. peanuts, raw              2 t. soda

Cook 1st 3 ingredients to 235°. Add peanuts and cook to 290° or until nuts are done and golden. Remove from heat - add remaining ingredients. Stir. Spread thinly in buttered pans, working fast.

- Mable Ross

### PARTY MINTS

1/3 c. butter  
1/2 c. white syrup  
1 lb. sifted confectioners sugar  
1 t. peppermint flavor  
Food coloring

Over low heat, cook butter, syrup, and ½ of sugar. Cook until bubbles. Remove from heat, add remaining sugar. Stir until holds shape. Add flavor and color. Pour into greased pan. Cool until lukewarm and knead until smooth. Pinch small pieces and twist.

- Imogene Lovelace

### WHITE CHOCOLATE FUDGE

3 c. sugar  
1 small Evaporated Milk  
1½ sticks oleo  
Boil 5 minutes.  
Take off heat and add:  
1 cup white chocolate chipped  
13 oz. can marshmallow cream  
1 c. nuts  
1 t. vanilla.  
Beat until creamy and place in buttered pan to cool.

- Patsy Strader  
Greenville, Ky.



## CANDIES

### PEANUT BUTTER ROLL #1

1 egg white  
1 box powdered sugar  
Peanut butter

Mix sugar and egg white to the consistency of dough. Knead and roll. Cover entire mixture with peanut butter and roll up like jelly roll. Slice.

- Fay Kinser

### PEANUT BUTTER ROLL #2

|                         |                              |
|-------------------------|------------------------------|
| 2½ c. sugar             | 2 egg whites, stiffly beaten |
| 1/3 c. water            | powdered sugar               |
| 2/3 c. light corn syrup | peanut butter                |

Mix sugar, water, and syrup in a deep pan, bring to a boil and cook to hard ball stage, 250 degrees. Slowly pour over egg whites; beat with electric beater until candy clings to spoon and loses most of its shine. Spread on smooth surface. Sprinkle with powdered sugar. Spread generously with peanut butter. Roll into large or two rolls. Cut into desired pieces.

- Patricia Shanahan

### PEANUT BUTTER FUDGE

|  |  |
|--|--|
| 1½ c. light brown sugar,<br>firmly packed  | 1/8 t. salt  |
| 1 (14-oz.) can sweetened<br>condensed milk | 1 c. chunk-style peanut butter                         |
| 2 t. vanilla extract                       | 1 (6-oz.) pkg. semi-sweet chocolate<br>pieces, chopped |
|  | 1 c. salted roasted peanuts,<br>chopped                |

In medium bowl, combine 1½ c. light brown sugar, condensed milk, 2 t. vanilla extract and 1/8 t. salt. Mix until sugar dissolves. Blend in peanut butter until smooth; mix in chocolate and peanuts. Spread in a buttered 13x9x2 inch baking pan. Refrigerate 1 hour. When firm, cut out with cookie or canape cutters. Keep refrigerated. Makes 30-40 pieces.

- Ruby Daniel

### CHOCOLATE PEANUT BUTTER BALLS

|                            |                                 |
|----------------------------|---------------------------------|
| 2 sticks margarine         | 1 box powdered sugar            |
| ½ c. chunky peanut butter  | 1 small package chocolate chips |
| 2 c. graham cracker crumbs | ½ square wax                    |
| 1 c. pecans (chopped)      |                                 |

Mix margarine, peanut butter, graham crackers, pecans, and powdered sugar together and form balls. Melt chocolate chips and wax and dip the balls into mixture. Set on wax paper to cool.

- Katherine Higgins



*Casseroles*

## CASSEROLES

### ASPARAGUS TUNA CASSEROLE

1 5-oz. pkg. medium noodles     $\frac{1}{2}$  c. grated sharp cheese  
 9 $\frac{1}{2}$  oz. can tuna                 $\frac{1}{2}$  c. buttered bread crumbs  
 1 can asparagus                $\frac{1}{2}$  c. milk  
 1 can cream mushroom soup

Cook noodles in salted water. Drain and pour into oblong flat dish. Add tuna, then asparagus. Mix soup and milk and pour over all. Sprinkle with grated cheese. Top with bread crumbs. Bake at 375° for approximately 40 minutes. 6-8 servings.

- Lurene Gibson

### BEEF AND NOODLES IN SOUR CREAM

1 c. onions, chopped            1 c. sour cream  
 2 T. fat                            3 c. tomato juice  
 1 lb. ground beef                2 t. salt  
 3 c. uncooked noodles          1 to 2 t. celery salt  
 dash pepper                      2 t. Worcestershire Sauce

Saute onions - add beef and brown. Add seasonings to liquid. Put noodles over meat, then add liquids. Cover, simmer 30 min. Fold in sour cream and heat.

- Mable Ross

### BARBEQUED BAKED BEANS

1 lb. ground beef                2 T. vinegar  
 1 onion                            1 T. worcestershire sauce  
 2 cans Pork & Beans             $\frac{1}{2}$  t. tabasco  
 $\frac{1}{2}$  c. catsup

Brown ground beef and onion. Add the remaining ingredients. Mix well. Bake at 350° for 25 minutes.

- Mrs. Tate Page

### FIVE BEAN CASSEROLE

1 8-oz. pkg. bacon, diced      1 t. salt  
 2 medium onions                1 16-oz. can baked beans  
 $\frac{1}{2}$  c. packed brown sugar        1 16-oz. can kidney beans (drained)  
 $\frac{1}{2}$  c. vinegar                      1 16-oz. can chick peas, or  
 1 t. garlic salt                    garbanzo beans (drained)  
 1 t. dry mustard                1 16-oz. can green lima beans, "  
    1 16-oz. can butter beans, "

About 1 $\frac{1}{2}$  hour before serving, in large skillet over medium heat, fry bacon and onion till onion is tender, 5 minutes. Stir in brown sugar, vinegar, garlic salt, mustard and salt; reduce heat to low and simmer, covered, 20 minutes. Meanwhile, preheat oven to 350°. In a 3-qt. bean pot, combine all beans; spoon onion-bacon mix evenly over top; bake 1 hour.

- Ruby Daniel

## CASSEROLES

### BEEF-VEGETABLE CASSEROLE

2 c. sliced potatoes  
 $\frac{1}{2}$  c. sliced carrots  
 3/4 lb. hamburger  
 1 can vegetable-beef soup  
 1 can mushroom soup (creamed)

Place a layer of potatoes and carrots alternately in a greased 1 $\frac{1}{2}$  to 2 quart casserole. Place crumbled hamburger on top. Pour in vegetable and mushroom soups (undiluted). Stir gently with spoon. Bake 1 hour and 30 minutes at 325°. 5-6 servings.

- Betty Brizendine

### GREEN BEAN CASSEROLE #1

2 cans french style green beans  
 2 cans mushroom soup  
 1 can french fried onion rings  
 $\frac{1}{2}$  c. slivered almonds

Grease casserole with butter. Alternate beans, mushroom soup, and almonds. Top with onion rings. Bake 325° for 30 minutes or until onions are brown.

- Lurene Gibson

### GREEN BEAN CASSEROLE #2

2 cans french style green beans  
 1 can cream of mushroom soup  
 1 can onion rings

Cover green beans with cream of mushroom soup (undiluted). Top with onion rings. Bake in uncovered dish at 350° for 45 minutes.

- Dorothy Share

### ONION Au GRATIN

12 onions, medium size         $\frac{1}{2}$  t. salt  
 4 T. butter                        1 c. shredded cheese  
 4 T. flour                         1 c. flaked bread crumbs  
 2 c. milk

Peel, wash and cook onions, uncovered, in a large amount of boiling water, to which 1 t. of salt has been added. Make white sauce of flour, butter and milk. When thick, add cheese and melt. Combine with onions, place in buttered baking dish. Melt 2 T. of butter, add crumbs, stir until all crumbs are well buttered, and sprinkle over onions. Brown in oven 425°.

- Marie Hayes



## CASSEROLES

### BEETS WITH PINEAPPLE

|  |   |
|--|---|
| 2 T. brown sugar                           | 1 T. freshly squeezed lemon juice           |
| 1 T. cornstarch                            | 1 T. margarine                              |
| $\frac{1}{2}$ t. salt                      | 1 1-lb. can sliced beets, drained and diced |
| 1 (14 oz.) can pineapple tidbits or chunks |   |

Combine brown sugar, cornstarch, and salt in saucepan. Stir in pineapple (with syrup). Cook, stirring constantly, until mixture thickens and bubbles. Add lemon juice, margarine, and beets. Cook over medium heat until heated thoroughly. 6 servings.

- Mrs. James Hicks

### BROCCOLI CASSEROLE #1

2 boxes frozen chopped broccoli  
1 can cream of mushroom soup  
2 eggs  
1 c. grated sharp cheese  
 $\frac{1}{2}$  c. mayonnaise  
2 t. onion salt  
Bacon-flavored crackers

Cook broccoli as directed. Drain. Mix next 5 ingredients. Add broccoli and mix. Pour into buttered casserole. Top with cracker crumbs. Bake at 400° for 20-25 minutes.

- Mary Dillingham

### BROCCOLI CASSEROLE #2

2 (10 oz.) pkg. frozen broccoli (chopped)  
1 can cream of mushroom soup  
 $\frac{1}{2}$  c. mayonnaise  
1 T. lemon juice  
 $\frac{1}{2}$  c. sharp cheese (grated)  
1 jar (2 oz.) pimientos (chopped)  
1 c. crushed cheese crackers  
 $\frac{1}{4}$  c. slivered almonds or pecans

Cook broccoli. Arrange in buttered casserole. Mix soup, mayonnaise, lemon juice and cheese. Spoon over broccoli. Top with pimiento, crackers and nuts. Bake at 350° for 20 minutes.

- Mrs. Gavin G. Craig, Jr.

### BROCCOLI CASSEROLE #3

|   |                             |
|---|-----------------------------|
| 4 c. chopped, cooked broccoli                           | $\frac{3}{4}$ c. sour cream |
| 1 10 $\frac{1}{2}$ oz. can mushroom soup                | 1 c. diced celery           |
| 2 oz. jar sliced pimiento                               | 1 t. each salt and pepper   |
| $\frac{1}{2}$ to $\frac{1}{4}$ c. grated cheddar cheese |                             |

Mix all ingredients except cheese. Put in large buttered casserole and top with grated cheese. Bake 350° 20-25 minutes. This may be made and refrigerated until time to be heated and served.

- Mrs. James Hicks

## CASSEROLES

### CHICKEN-BROCCOLI CASSEROLE

|                              |   |
|------------------------------|---|
| 2 pkg. frozen broccoli       | 2 t. lemon juice                          |
| 2 c. sliced, cooked chicken  | $\frac{1}{2}$ c. shredded American Cheese |
| 2 cans cream of chicken soup | $\frac{1}{2}$ c. soft bread crumbs        |
| 1 c. mayonnaise              | Butter                                    |

Cook broccoli - drain well. Put broccoli in greased baking dish 9x13 inches. Place chicken on top. Combine next 3 ingredients; pour over chicken. Sprinkle with cheese and crumbs; dot with butter. Bake at 350° for 25 to 30 minutes.

- Mrs. R. L. Sleamaker

### CHICKEN ALMOND BAKE

|                             |                         |
|-----------------------------|-------------------------|
| 2 cans boned chicken        | 1 c. milk               |
| 2 cans cream of celery soup | 2 pkg. slivered almonds |
| 1 medium onion, diced       | 1 c. Chinese noodles    |

Mix chicken, celery soup, onions, almonds, and milk. Put half the Chinese noodles in bottom of casserole. Pour in mixture and top with noodles. Bake 30 minutes.

- Virginia Mutchler

### CHICKEN CASSEROLE

|                               |                                   |
|-------------------------------|-----------------------------------|
| 3 lg. chicken breasts, cooked | 1 small can evaporated milk       |
| 1 can cream of mushroom soup  | 1 can Chinese noodles             |
| 1 can chicken soup            | 3 T. Sherry                       |
| 1 c. rice, cooked             | $\frac{3}{4}$ c. slivered almonds |
| 1 c. mushrooms, cooked        |                                   |

Remove bones from chicken. Combine all ingredients except  $\frac{1}{4}$  cup almonds; mix well. Place mixture in a greased casserole; top with reserved almonds. Bake at 350 degrees for 40 minutes. Yield: 6 servings.

- Lurene Gibson

### CASSEROLE OF EGGPLANT

|                               |  |
|-------------------------------|--|
| 4 c. pared, diced eggplant    | 1 can condensed tomato soup, undiluted |
| $\frac{1}{4}$ c. diced celery | $\frac{1}{2}$ t. salt                  |
| 3 T. minced onion             | 2 T. salad oil                         |
| 1 c. cracker crumbs           | 2 t. Worcestershire Sauce              |

Arrange first four ingredients in alternate layers in greased 2 qt. casserole. Pour on soup mixed with rest of ingredients. Bake, covered, in moderate oven 325° for 1 $\frac{1}{2}$  hours.

- Dorine Geeslin

# CASSEROLES

## GROUND BEEF AND SPAGHETTI

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1½ lb. ground beef                   | Just less than ½ lb. velveeta cheese |
| 1 large pepper                       | 1 can mushrooms                      |
| 1 large onion                        | 1 box spaghetti or macaroni          |
| 1 #2 can tomatoes and half the juice | (pre-cook)                           |

Brown meat in dutch oven and add pepper and onions that have been chopped. Add tomatoes and juice and allow to simmer about 15 min. Saute mushrooms and add to mixture. Just before serving add the cheese and allow to simmer until well blended. Serve over spaghetti or macaroni. This is a one-dish meal that is excellent with a salad and french bread. For a spicier dish, one may add spaghetti seasoning to taste.

- Mrs. John R. Clifford (Virginia)

## SAVORY BURGER STEW

|                    |                               |
|--------------------|-------------------------------|
| 1 lb. ground beef  | 16 oz. can vegetables (mixed) |
| 1 T. instant onion | 10½ oz. can tomato soup       |
| ½ t. salt          | 4 oz. can mushrooms           |
| 1/8 t. pepper      |                               |

Brown beef and onion. Drain, add seasoning. Stir in vegetables, soup, and mushrooms. Pour into 1½ qt. casserole. Bake at 400° for 15 minutes. Serve with hot biscuits.

- Ann Tucker

## HAMBURGER PIE

|                         |                                |
|-------------------------|--------------------------------|
| 1 medium onion, chopped | 1 8-oz. can Hunts tomato sauce |
| butter to brown onions  | (fill can with water and       |
| ½ lb. ground beef       | 1 bullion cube)                |
| ¼ lb. sausage           | ½ c. cornbread mix             |
| 1 t. chili powder       | 1 egg                          |
| Salt and Pepper         | ½ c. milk                      |
|                         | ¾ T. melted shortening         |

Brown onions in butter. Add meat and seasonings. When meat is brown, add tomato sauce and simmer for a minute or so. Put in bottom of casserole. Mix cornbread with egg, milk, and shortening. Pour this over the meat mixture. Bake in 425° oven, for 20-25 minutes, or until bread is brown on top.

- Dorothy Garrett

# CASSEROLES

## BEAUMONT CORN PUDDING

|            |                    |
|------------|--------------------|
| 2 c. corn  | 3 T. melted butter |
| 8 T. flour | 3 eggs, beaten     |
| 3 T. sugar | 1½ t. salt         |
| 1 qt. milk |                    |

Mix all ingredients. Bake in well buttered casserole at 325° for 35 min. Raise heat to 400° for 10 minutes. On putting into oven, stir well immediately. Then twice more at 10 min. intervals. Place casserole in pan of water for baking. Do not overbake.

- Lurene Gibson

## CORN PUDDING #1

|                        |                 |
|------------------------|-----------------|
| 1 can cream style corn | ½ t. salt       |
| 2 eggs, beaten         | 1½ c. rich milk |
| 4 T. flour (scant)     | 2 T. butter     |
| 2 T. sugar (scant)     |                 |

Mix dry ingredients and stir in with the corn and eggs. Add milk and stir well. Pour into baking dish, and dot the butter over the top. Bake about an hour, in moderate oven. Stir from bottom of dish a time or two after it has been baking a short time.

- Mrs. Kenneth A. Estes

## CORN PUDDING #2

|                  |                            |
|------------------|----------------------------|
| 2 c. corn        | 3 t. sugar or honey        |
| 4 eggs           | 2 T. melted butter or oleo |
| 8 level T. flour | 1 t. salt                  |
| 2 pt. milk       |                            |

Stir into the corn, the flour, salt, sugar and butter. Beat eggs well, put them in the milk. Stir into the corn. Bake 20-30 min. stirring several times during baking.

- Ruby Daniel

## CHEESE GRITS #1

|                      |                 |
|----------------------|-----------------|
| 1 c. grits           | 1 egg, beaten   |
| 4 c. boiling water   | ½ c. sweet milk |
| 1 roll garlic cheese | ½ t. salt       |
| ½ stick oleo         |                 |

Put grits in pan, gradually stir in water. Cook until thick. Add butter, stir until melted. Add cheese and well-beaten egg. Stir until mixture is smooth. Pour into well greased 1½ quart casserole and bake at 325° for 1 hour or until mixture bubbles. Yield: 8 servings.

- Marie Hayes



## CASSEROLES

### GRITS CASSEROLE #2

- |                       |                           |
|-----------------------|---------------------------|
| 1 c. grits            | 2 eggs, beaten in cup and |
| 4 c. water            | then filled with milk     |
| 1 stick garlic cheese |                           |

Cook grits in water, add garlic, mixing as it melts. Add the cup of egg and milk mixture. Cook in casserole one hour at 300°. Grate cheese on top. Serve hot.

- Mrs. C. Charles Clark

### NOODLE CASSEROLE

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 pkg. egg noodles      | 2 T. pepper relish (hot or mild) |
| 1 lb. hamburger         | salt                             |
| 1 large onion           | pepper                           |
| 1 c. tomatoes - chopped |                                  |

Cook noodles according to directions. Combine hamburger, diced onion, pepper relish and chopped tomatoes in a skillet and brown. In a casserole, alternate layers of noodles and the hamburger. Top with cheese and bake at 350° for 20 minutes.

- Virginia Mutchler

### OYSTER CASSEROLE

- |                                   |
|-----------------------------------|
| 1 pt. fresh oyster and liquid     |
| 1 12-oz. can cream of celery soup |
| 1 t. grated onion                 |
| 1/2 c. sweet milk                 |
| 1/8 t. black pepper               |
| 1 1/2 c. cracker crumbs           |
| 3 T. butter or margarine          |

Oil the bottom of a 1 quart casserole. Alternately arrange layers of oyster soup, crumbs, onion and pepper, beginning and ending with crumbs. Pour milk and oyster liquid over oysters and crackers. Dot with butter and bake in 350° oven for 20 minutes or until oysters begin to curl at edges.

- Marie Hayes

### PORK CHOPS WITH CORN DRESSING

- |                           |                    |
|---------------------------|--------------------|
| 1 #2 can creamed corn     | 2 T. melted butter |
| 1 cup cracker crumbs      | salt and pepper    |
| 1 T. minced onion         | 1/4 c. water       |
| 2 T. chopped green pepper | 8 thick pork chops |

Combine all ingredients except chops and water. Brown chops, top with dressing, and add water. Cover and bake 1 hour at 350°.

- Jeanne Rich

## CASSEROLES

### HAM CASSEROLE

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1/2 c. chopped celery           | 1 can cream of chicken soup |
| 1/2 large onion, chopped        | 1 soup can water            |
| 1/2 large green pepper, chopped | Salt and pepper to taste    |
| 2 c. chopped cooked ham         | 2 T. soy sauce (opt.)       |
| 1/2 c. uncooked rice            |                             |

Saute celery, onion, green pepper and ham in butter; add remaining ingredients. Bake at 350° for 40 minutes or until rice is done. Stir occasionally. Yield: 4 servings.

- Lurene Gibson

### HAM ROLLS CONTINENTAL

- |  |
|--|
| 6 slices boiled ham, 1/4-inch thick          |
| Kraft Natural Swiss Cheese, sliced           |
| 1 10-oz. pkg. frozen broccoli spears, cooked |
| 1 cup onion rings                            |
| 2 T. Parkay margarine                        |
| 2 T. flour                                   |
| 1/2 t. salt                                  |
| 1/4 t. basil                                 |
| Dash pepper                                  |
| 1 c. milk                                    |

Top ham slices with cheese. Place broccoli spears on each slice and roll. Secure with toothpicks. Place in shallow baking dish. Cook onion rings in margarine until tender; blend in flour and seasonings. Gradually add milk; stir until thickened. Pour over ham; cover and bake at 350° for 25 minutes. 6 servings.

- Marie Hayes

### SAUCY COCKTAIL MEATBALLS

- |                            |                                |
|----------------------------|--------------------------------|
| 1 lb. ground beef          | 2 T. butter or margarine       |
| 2 T. bread crumbs          | 1 can Campbell's Tomato Soup   |
| 1 egg, slightly beaten     | 2 T. brown sugar               |
| 1/2 t. salt                | 4 t. Worcestershire sauce      |
| 1/3 c. each finely chopped | 1 t. each prepared mustard and |
| green pepper and onion     | vinegar                        |

Mix beef, crumbs, egg, salt, shape into 50 meatballs. Place in shallow baking pan (13x9x2"). Broil until browned; turn once. Spoon off fat. In saucepan, cook pepper and onion in butter until tender. Stir in remaining ingredients. Pour over meatballs. Cover; bake at 350° for 20 minutes.

- Imogene Lovelace

## CASSEROLES

### SEAFOOD CASSEROLE

Mix together:  
 1 can crab meat  
 5 T. onion, chopped  
 1 lb. cooked shrimp, large pieces  
 1 small can peas, drained  
 1 large green pepper, chopped  
 1 c. celery, chopped  
 1½ c. cooked rice  
 1 t. worcestershire sauce  
 1 c. mayonnaise  
 ½ t. salt  
 ½ t. black pepper  
 1 small can mushrooms (optional)

Place in casserole; bake at 350° for ½ hour. Five minutes before removing from oven, place a few large shrimp on top. Heat and serve. Serves 8.

- Mrs. Dero Downing

### SHRIMP NOODLE NEWBURG

1 can frozen condensed cream of shrimp soup  
 1 6-oz. can (2/3 cup) evaporated milk  
 ½ c. shredded natural cheddar cheese  
 1/3 c. mayonnaise  
 ½ t. salt  
 ½ cup dry sherry (cooking sherry)  
 15 oz. can shrimp, drained (fresh is better)  
 4 oz. medium noodles, cooked and drained  
 ½ c. broken potato chips

In medium saucepan, combine soup and evaporated milk; heat to boiling; stirring occasionally. Remove from heat. Add cheese, mayonnaise and salt; stir till cheese melts. Blend in wine. Add shrimp and cooked noodles; mix well. Turn into 1½ quart casserole; bake covered in moderate oven 350° degrees for 25 min. Uncover and add potato chips; brown for 15 minutes.

- Jeanne Rich

### TUNA CASSEROLE

1 can mushroom soup  
 1/2 to 3/4 can sweet milk  
 1 can tuna (chunk)  
 1 small can green peas  
 Pimento for color and taste

Mix all ingredients together and heat over medium heat. Pour over toast.  
 For casserole - Add 1/2 or more package cooked noodles. Sprinkle cracker crumbs on top and dot with butter. Bake in medium oven until hot and browned.

- Margaret Taylor

## CASSEROLES

### SPANISH RICE

1 lb. hamburger  
 1/2 c. raw rice  
 celery (¼ cup chopped)  
 2½ c. tomatoes  
 Large onion (chopped)  
 salt and pepper to taste  
 bay leaf

Cook rice and celery on top of stove together until almost done. Meanwhile, brown hamburger and onions. Mix all ingredients in casserole and bake 1 hour at 350°.

- June Webb

### LOU'S BAKED BEANS

1 large can pork and beans  
 1 onion (chopped)  
 1 green pepper (chopped)  
 1/2 cup brown sugar  
 2 Tbsp sorghum  
 1 cup barbecue sauce  
 ½ c. water  
 Bacon

Mix all ingredients well. Top with strips of bacon. Bake at 325° for 1½ hours.

- Lurene Gibson

### SQUASH CASSEROLE

6-8 small or medium yellow squash  
 2 small onions  
 3 eggs  
 salt and pepper  
 1 can mushroom soup (not diluted)  
 1½ cups grated sharp cheese  
 1 scant cup cracker crumbs  
 1 t. garlic powder or salt

Put squash, onions and a small cup of water in a pressure cooker. When pressure comes up, cook for five minutes. Drain off water, add a small lump of butter and mash well. Add mushroom soup, one cup of cheese and mix well. Beat eggs and add to mixture. Grease casserole dish and add mixture. Bake at 375° for 45 minutes. Last 5 minutes, sprinkle cracker crumbs and ½ cup cheese over top and brown.

- Lurene Gibson

### CANDIED SWEET POTATOES

4 medium sweet potatoes, or  
 two cans ready potatoes  
 1 cup sugar  
 1 t. vanilla  
 1/8 lb. butter  
 3/4 c. pecans  
 14 marshmallows

Mash potatoes while hot, add sugar, butter, vanilla and pecans. Place in 9" pan, cover with the marshmallows and brown in oven.

- Mrs. C. Charles Clark



## CASSEROLES

### SCALLOPED POTATOES

8 medium sized potatoes,  
sliced thin  
1/4 c. chopped green peppers  
1/4 c. chopped onion  
1 can cream of mushroom soup  
1/2 c. milk

Place alternate layers of potatoes, peppers, and onions in greased baking dish. Season each layer with salt and pepper. Pour mushroom soup mixture over potatoes, cover, bake for 1 1/2 hours in moderate oven. Remove cover and let brown slightly. Note: Cheese may be spread over potatoes instead of mushroom soup if preferred.

- Mrs. Sallie Hammers

### RIPE OLIVE RISOTTO

1 c. ripe olives, cut in large pieces  
1 c. finely chopped raw onion  
1/2 c. butter  
1/3 c. chopped celery  
1 c. uncooked rice  
3 c. chicken bouillon  
1/2 c. parmesan cheese  
1 can (7 oz.) minced clams (undrained)  
salt and pepper to taste

Melt butter, add onion and celery. Cook slowly several minutes. Add rice and stir until well coated with butter. Add bouillon and salt, if needed. Turn into 2 qt. casserole. Bake, uncovered, in moderate oven (350°) for 35 to 40 minutes, or until all liquid is absorbed. Fold in olives, clams and cheese. Return to oven 5 to 10 minutes.

- Mrs. Robert Jackson

### SCALLOPED OYSTERS

Melt one half cup butter, add three fourths c. flour and cook for 5 min. or until dark-brown, stirring constantly. Add 3 t. paprika, 1 t. salt and 1/2 t. black pepper. Cook for 3 min., add 4 T. each of green peppers and onion and 1/2 t. of garlic which have been finely chopped. Cook slowly for 5 min. Take from fire and add 2 T. lemon juice and 1 T. Worcestershire sauce and 1 qt. of oysters which have been picked over and heated in their own liquor. Pour into baking dish and sprinkle cracker crumbs over top. Bake in hot oven for 30 min.

- King's Arms Tavern

## CASSEROLES

### GREEN PEPPER AND CHEESE CASSEROLE

|                            |                           |
|----------------------------|---------------------------|
| 6 green peppers, chopped   | 1 stick margarine, melted |
| 1/2 lb. cracker crumbs     | salt and pepper to taste  |
| 1 lb. sharp cheese, grated | 1 1/2 c. sweet milk       |

Boil peppers in salted water for 5 minutes. Drain. Place cracker crumbs, peppers and cheese in alternate layers in buttered dish. Top with crumbs, buttered. Cover with milk. Bake in 350° oven for 1 hour or until golden brown.

- Lurene Gibson

### PEPPER-TOMATO CASSEROLE

|                      |        |
|----------------------|--------|
| Sweet Peppers        | Salt   |
| Tomatoes             | Pepper |
| Crackers             | Butter |
| Grated yellow cheese |        |

The amount of each ingredient varies. Into a deep baking dish, put a layer of peppers, a layer of tomatoes, some cheese, cracker crumbs, salt, pepper and butter. Repeat this until dish is as full as you want it. If more liquid is needed, put a small amount of sweet milk. Bake in 325° oven until brown.

- Kay Daniel

### STUFFED GREEN PEPPERS

3 large green peppers  
1/2 c. coarse bread crumbs or cracker crumbs  
1 c. boiling salted water  
1/2 lb. ground beef  
1 can (8 oz.) tomato sauce  
1 t. salt  
3/4 tsp. pepper  
1 T. chopped onion

Heat oven to 350°. Cut a thin slice from stem end of each pepper. Wash outside and inside. Remove all seeds and membranes. Cook peppers in boiling salted water 5 minutes. Drain. Mix rest of ingredients. Stuff peppers lightly with mixture. Stand upright in small baking dish. Bake covered 45 minutes; uncover and bake 15 minutes more.

- Jeanne Rich

## CASSEROLES

### ASPARAGUS AND ALMONDS

|                         |   |
|-------------------------|---|
| 2 T. butter             | $\frac{1}{4}$ t. dry mustard                  |
| 2 T. flour              | 1 c. milk                                     |
| $\frac{1}{2}$ t. salt   | $\frac{1}{2}$ c. grated sharp American Cheese |
| $\frac{1}{8}$ t. pepper | 2 c. cooked asparagus                         |
|                         | $\frac{1}{2}$ c. chopped blanched almonds     |

Melt butter; blend in flour, salt, pepper, dry mustard, and milk. Cook until thickened, stirring constantly; remove from heat. Fold in cheese; stir until cheese melts. Layer drained asparagus with cheese sauce and almonds in casserole. Bake at 350° for 20 min. Yield: 4-5 servings.

- Margaret Taylor

### ASPARAGUS CASSEROLE #1

|                                    |                            |
|------------------------------------|----------------------------|
| $1\frac{1}{2}$ c. cracker crumbs   | 4 T. butter                |
| $\frac{1}{2}$ c. butter            | 3 T. flour                 |
| 1 c. asparagus tips (cut)          | $1\frac{1}{2}$ c. milk     |
| $\frac{1}{2}$ c. slivered almonds, | 1 t. salt                  |
| (slightly toasted)                 | dash red pepper            |
|                                    | 1 glass Old English Cheese |

Mix well; milk, salt, red pepper, and cheese. Line bottom of baking dish with 1 c. buttered crumbs. Add asparagus and sprinkle with almonds. Cover with cheese sauce, then remaining cracker crumbs. Bake at 450° for 12 minutes.

- Mrs. Vern Murray and June Webb

### ASPARAGUS CASSEROLE #2

$\frac{1}{4}$  lb. butter crackers, crumbled  
(not saltines)  
A large can (15 oz. or larger)  
asparagus  
5 or 6 hard cooked eggs  
2 or 3 pimentos, diced  
1 can cream Mushroom Soup  
1 small can evaporated milk  
 $\frac{1}{2}$  stick margarine  
 $\frac{1}{2}$  lb. cheese, shredded

Spread  $\frac{3}{4}$  of the cracker crumbs in baking dish and place the cut up asparagus on the crumbs. Then make a layer of the egg slices and sprinkle on the pimento. Top with the remaining crumbs. In saucepan, combine soup, milk, margarine and cheese, reserving a little cheese for the top. Stir and heat until cheese melts. Pour over the ingredients in baking dish and top with remaining cheese. Bake at 400° degrees until brown, about 20 minutes. This can be made up and refrigerated, then baked at serving time.

- Mrs. Kenneth A. Estes

## CASSEROLES

### GERMAN MEAT CASSEROLE

|                                 |   |
|---------------------------------|---|
| 3 large potatoes, thinly sliced | 1 T. catsup                                       |
| 5 carrots, quartered            | 1 $10\frac{1}{2}$ oz. can cream of mushroom       |
| 1 small onion, diced            | soup  |
| 2 T. butter or oleo             | 1 4 oz. can button mushrooms                      |
| 1 lb. lean ground beef          | (drained)   |
| 2 T. butter or oleo             | 1 $3\frac{1}{2}$ oz. can French-fried onion rings |

Parboil potatoes and carrots for 20 min. Saute onion in 2 table-spoons butter, add beef and cook until it turns grey. Butter a  $2\frac{1}{2}$  qt. casserole dish. Alternate layers of beef, onion mixture, and vegetables. Mix catsup with soup and pour over casserole. Saute mushrooms in 2 T. butter and place on top of casserole. Sprinkle onion rings over mushrooms. Bake at 350° about 20 min. or until onion rings are brown and crisp. Yield 6 servings.

- Sandra Hieronymus  
Raleigh, North Carolina

### ORIENTAL BEEF SPAGHETTI CASSEROLE

|                                       |   |
|---------------------------------------|---|
| 15 oz. pkg. thin spaghetti            | $\frac{1}{4}$ t. thyme                  |
| 1 T. vegetable oil                    | 1 4 oz. can sliced mushrooms            |
| $\frac{1}{2}$ lb. ground beef         | 1 1 lb. can chop suey vegetables        |
| $\frac{1}{2}$ lb. ground pork         | drained                                 |
| $\frac{1}{3}$ c. chopped onion        | $1\frac{1}{2}$ t. salt                  |
| 1 c. celery chopped                   | $\frac{3}{4}$ c. grated Parmesan cheese |
| $\frac{1}{2}$ c. chopped green pepper | $\frac{1}{2}$ c. catsup or chili sauce  |
| 1 6 oz. can tomato paste              | 1 7 oz. bottle 7-Up                     |

Cook spaghetti according to package directions, drain and set aside. Heat vegetable oil, add beef, pork, onion, celery, and green pepper. Cook 10 min. on medium heat. Stir in tomato paste, 7-Up, catsup and thyme. Add mushrooms, chop suey vegetables, and salt, simmer 10 min. Alternate layers of cooked spaghetti, meat sauce and Parmesan cheese in a 4 qt. casserole dish, ending with sauce and cheese. Bake at 350° for 45 min.

- Sandra Hieronymus



# CASSEROLES

## CRAB SUPPER PIE

- |  |                        |
|--|------------------------|
| 1 c. shredded natural Swiss cheese (4 oz.) | 3 beaten eggs          |
| 1 unbaked 9" pastry shell                  | 1 c. light cream       |
| 1 7½ oz. can crab meat, drained and flaked | ½ t. salt              |
| 2 green onions, sliced with tops           | ½ t. grated lemon peel |
|  | ½ t. dry mustard       |
|  | dash mace              |
|  | ½ c. sliced almonds    |

Sprinkle cheese evenly over bottom of pastry shell. Top with crab meat; sprinkle with green onions. Combine eggs, cream, salt, lemon peel, dry mustard, and mace. Pour over crab meat. Top with sliced almonds. Bake in 325° oven about 45 min. or till set. Remove from oven let stand 10 min. before serving.

- Mrs. James Hicks

## LEEK LORRAINE

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1 unbaked 9" pastry                   | 1½ c. shredded natural Swiss cheese |
| 1 envelope dry cream of leek soup mix | 1 t. dry mustard                    |
| 1½ c. milk                            | dash pepper                         |
| ½ c. light cream                      | 4½ oz. can deviled ham              |
| 3 slightly beaten eggs                | 2 T. fine dry bread crumbs          |

Bake pastry shell in very hot oven (450°) 7 min. In sauce pan, combine soup mix and milk. Cook, stirring constantly, till mixture boils. Cool slightly; stir in cream. Combine eggs, cheese, mustard, and pepper. Stir into soup mixture. Mix deviled ham and bread crumbs and spread over bottom of pie shell. Pour soup mixture over deviled ham. Bake at 375° for 35-40 min. Let cool 10 min. before serving.

- Mrs. James Hicks

## STUFFED GREEN PEPPERS

- |                          |                       |
|--------------------------|-----------------------|
| 1 8 oz. can tomato sauce | 1 T. chopped onion    |
| ½ lb. ground beef        | 4 large green peppers |
| 1 c. dry bread crumbs    | 1 c. boiling water    |
| 1 t. salt                |                       |
| ½ t. pepper              |                       |

Mix first 6 ingredients. Cut thin slice from stem of each green pepper; wash and remove seeds. Cook in boiling water for 5 min. and drain. Stuff peppers lightly with meat mixture. Stand upright in baking dish. Bake covered for 45 min. at 350°. Uncover and bake 15 min. longer.

-Lurene Gibson

# CASSEROLES

## PORK CHOP AND APPLE CASSEROLE

- |                                  |                        |
|----------------------------------|------------------------|
| 4 lean pork chops                | ½ c. raisins           |
| salt                             | 1 t. grated lemon rind |
| 1 T. shortening                  | ¼ c. molasses          |
| 4 c. sliced, tart-cooking apples | ¼ c. water             |

Preheat oven to 350°. Sprinkle pork chops with salt; saute in shortening until brown. Mix together apples, raisins, and lemon rind. Place in a 2 qt. greased baking dish. Combine molasses and water and pour over apple mixture. Top with browned pork chops; cover and bake 1 hour. Remove cover and bake an additional 30 min.

- Romanza O. Johnson

## SPANISH CORN

- |                           |                        |
|---------------------------|------------------------|
| ½ c. minced onion         | 1 egg, well beaten     |
| ½ c. minced green pepper  | 1 can cream-style corn |
| 2 T. salad oil            | 2 to 3 slices bacon    |
| 2 pimentos, finely mashed |                        |

Saute onion and pepper in oil until onion is transparent; stir in pimentos. Blend egg with corn; add to onion mixture. Pour into greased casserole; top with bacon. Bake, covered, at 400° for 30 min. Uncover; bake for 15 min. longer.

- Romanza O. Johnson

## CHICKEN CRUNCH

- |   |                                      |
|---|--------------------------------------|
| ½ c. chicken broth or milk                          | 2 10 oz. cans cream of mushroom soup |
| 3 ½ c. diced cooked chicken                         | 1 c. diced celery                    |
| 1 5 oz. can very thin sliced water chestnuts (opt.) | 1 3 oz. can chow mein noodles        |
| ½ c. onion chopped fine                             | 1/3 c. toasted almonds               |

Blend broth into soup. Mix remaining ingredients except almonds. Bake in slow oven 350° for 40 min. Just before serving, sprinkle with almonds. Serve in nest of noodles.

- Romanza O. Johnson



*Cookies*



## COOKIE CAPERS

### I. CLUES FOR COOKIE SUCCESS

- A. Be sure to read the recipe carefully before beginning to work.
- B. Cookie sheet information:
  - 1. Choose a shiny cookie sheet which is 2 inches smaller around all sides than the oven; this allows for good circulation of heat.
  - 2. Here's a trick--for extra cookie sheets, cut pieces of aluminum foil the same size as the cookie sheet. Drop dough onto foil and slip onto the cookie sheet as soon as it comes from the oven. A real time saver!
- C. Have all ingredients at room temperature for more glamorous, perfect cookies.

### II. THE HEAT'S ON

- A. So watch those cookies! A good rule is to check them when the minimum baking time is up.
- B. When using over-glass baking pans, always lower the temperature 25 degrees.
- C. Unless otherwise directed, remove cookies from cookie sheet right after taking from oven, and place on wire rack to cool. Never overlap, pile, stack, or store warm cookies.
- D. When cookies stick to baking sheet after cooling, slide back into oven for a few minutes' rewarming. They lift off easily, uncrumbled.

### III. IN THE COOKIE JAR

- A. Storage conditions must be just right to "lock in" the home-made flavor and aroma.
  - 1. Soft cookies, bars and squares should be stored in a tightly covered container or right in the baking pan, covered with aluminum foil. If cookies begin to dry, add a piece of bread, apple, or orange to supply the needed moisture.
  - 2. Crisp cookies should be stored in a container with a loose fitting cover. If cookies soften and become limp and tired, freshen them in a 300° oven (slow) for about five minutes before serving.
- B. Be wise. . . soft and crisp cookies should never be stored together.

## COOKIES

### BEST BROWNIES EVER

|                         |                                     |
|-------------------------|-------------------------------------|
| 1/2 c. butter (or oleo) | 2/3 c. sifted flour                 |
| 1 c. sugar              | 2 squares bitter chocolate (melted) |
| 2 eggs                  | 2/3 c. pecans                       |
| 1 t. vanilla            |                                     |

cream butter. Add sugar. Mix in eggs (beaten slightly). Add vanilla. Stir in flour, sifted. Add chocolate and nuts. Use 8" pan lined with wax paper. Bake 25 minutes, at 325° pre-heated. Don't overbake. To have "underdone" is part of the delicious secret.

- Elizabeth Parker

### BROWNIES #1

|                     |                    |
|---------------------|--------------------|
| 4 squares chocolate | 2 c. nuts          |
| 1 c. butter         | 1 1/2 c. flour     |
| 2 c. sugar          | 1 t. baking powder |
| 4 eggs              | 1 t. salt          |
| 2 t. vanilla        |                    |

Melt butter and chocolate, add sugar and eggs (beaten together), add flour, salt, baking powder, nuts and vanilla. Bake 325° for 25 minutes. Let cool before cutting into squares.

- Eleanor Dotson

### BROWNIES #2

|             |              |
|-------------|--------------|
| 1 c. butter | 1/2 t. salt  |
| 4 eggs      | 1 t. vanilla |
| 2 c. sugar  | 3 T. cocoa   |
| 1 c. flour  |              |

Melt butter - add sugar and stir. Add eggs and vanilla. Sift flour, then add dry ingredients. Pour into a greased baking dish. Bake at 350° for 30 minutes. Let cool, then cut into squares.

- Sue Hudnall

### THUMBPRINT COOKIES

|                    |                   |
|--------------------|-------------------|
| 1/4 c. brown sugar | 1/2 t. vanilla    |
| 1/2 c. butter      | 1 c. sifted flour |
| 1 egg yolk         | 1/4 t. salt       |

Mix sugar, butter, egg yolk, and vanilla thoroughly. Sift flour and salt together. Add to mixture. Roll into 1 inch balls. Dip in slightly beaten egg whites. Roll in finely chopped nuts. Place 1 inch apart on ungreased cookie sheet. Bake at 375° for 5 minutes. Remove from oven. Quickly press thumb on top of each cookie. Return to oven and bake 8 minutes longer. Cool. Place a bit of jelly or chopped candied fruit in thumbprints.

- Marie Hayes

## COOKIES

### SANDIES

|                             |         |
|-----------------------------|---------|
| 1/2 cup confectioners sugar | ) Cream |
| 1/2 lb. butter              |         |

Add 2 t. vanilla  
2 cups flour  
1 cup nuts

Mix well and make into round balls. Bake 20 minutes at 300°. While hot, roll in conf. sugar.

- Lurene Gibson

### PECAN PIE BARS

1 package (16 1/2 oz.) butter or yellow cake mix  
1/2 c. butter or margarine, melted  
1 egg  
1 c. chopped pecans

#### Filling:

2/3 c. reserved cake mix  
1/2 c. firmly packed brown sugar  
1 1/2 c. dark corn syrup  
1 t. vanilla  
3 eggs

Generously grease bottom and sides of 13x9 inch baking pan. Reserve 2/3 c. dry cake mix for Filling. In large mixing bowl, combine remaining dry cake mix, butter and 1 egg; mix until crumbly. Press in prepared pan. Bake at 350° for 15-20 minutes until light golden brown. Meanwhile, prepare Filling. Pour Filling over partially baked crust; sprinkle with pecans. Return to oven and bake for 30-35 minutes until Filling is set. Cool; cut into bars.

#### Filling:

In large mixer bowl, combine all ingredients; beat at medium speed 1 to 2 minutes.

- Marie Hayes

### CONGO SQUARES #1

|                        |                        |
|------------------------|------------------------|
| 1-1/3 sticks margarine | 2 1/2 t. baking powder |
| 1 lb. dark brown sugar | 1/2 t. salt            |
| 3 eggs                 | 1 c. nuts              |
| 2-3/4 c. flour         | 1 pkg. chocolate chips |

Mix first six ingredients. Add nuts and chocolate chips. Turn into greased pan approximately 13"x9". Bake 30 minutes at 350°.

- Dorine Geeslin



# COOKIES

## SNICKERDOODLES (From Germany)

Mix together thoroughly:  
 1 c. soft shortening  
 1 1/4 c. sugar  
 2 eggs

Sift together and stir in:  
 2-3/4 c. flour  
 2 t. cream of tartar  
 1 t. soda  
 1/2 t. salt

Chill dough; roll into balls the size of small walnuts. Roll into mixture; 2 T. sugar and 2 t. cinnamon. Place 2" apart on ungreased baking sheet. Bake until lightly browned, but still soft, 400°, for 8-10 minutes. Makes 5 dozen 2" cookies.

- Mrs. R. L. Sleamaker

## RAISIN TOFFEE BARS

1 c. sifted flour  
 1/2 t. salt  
 1/2 c. soft butter or oleo  
 1 c. brown sugar  
 (firmly packed)

1 t. vanilla flavoring  
 2 eggs  
 1 c. All Bran  
 1 c. raisins

Sift together flour and salt. Combine butter and sugar in mixing bowl; mix thoroughly. Add vanilla and eggs; beat well. Stir in All Bran and raisins. Add flour mixture; stir until thoroughly combined. Spread in well greased 9x9" pan. Bake in moderate oven 350° about 30 min. or until done. Cool in pan on wire rack. Cut into bars 3x1 1/2".

Confectioners Icing:

Combine 1 c. sifted confectioners sugar, 1 T. butter or oleo, 1/2 t. vanilla and 1 to 2 T. milk. Beat until smooth. Spread evenly over cookies.

- Imogene Lovelace

## TOFFEE COOKIES

1 c. shortening  
 1 c. brown sugar, packed  
 1 egg  
 1 t. vanilla  
 2 c. sifted all-purpose flour  
 1 6-oz. pkg. semi-sweet chocolate pieces  
 1/2 c. finely chopped nuts

Cream together the shortening and brown sugar. Add the egg and mix well. Mix in vanilla and flour. Spread batter over an area approximately 10x13 inches on a greased cookie sheet 12x15 inches. Bake in a preheated oven at 350° for 15 minutes. Remove from oven and sprinkle the chocolate pieces over the surface. When the chocolate has been on the hot surface about 5 minutes, spread the chocolate over the entire surface and sprinkle the top with nuts. Cut at once into bars. Allow icing about 2 hours to dry before storing.

- Mrs. Robert Melville

# COOKIES

## CONGO SQUARES #2

2/3 c. margarine  
 1 lb. brown sugar  
 2-2/3 c. flour  
 2-1/2 t. baking powder

3 eggs  
 1/2 t. salt  
 1 c. chopped nuts  
 1 c. Nestles semi-sweet chocolate chips

Melt in large saucepan butter, stirring in brown sugar. Let mixture cool. Then add eggs, beating into mixture one at a time. Then add rest of ingredients, spread mixture into greased 15x10x1" pan. Bake at 350° for 25-30 minutes. Cool completely before cutting.

- Mrs. Gretchen Niva

## ALL PURPOSE COOKY

1/2 c. corn starch  
 1/2 c. confectioners sugar  
 1 c. sifted flour

3/4 c. butter, softened

Sift cornstarch, sugar and flour together into mixing bowl. Blend in butter, mixing until a soft, smooth dough forms. Prepare cookies in shape desired. Bake in 300° (slow) oven until edges are lightly browned, 20 to 25 minutes. Makes about 3 dozen.

Shape as follows:

1. Shape dough into 1 inch balls. Place 1 1/2 inches apart on ungreased cookie sheet and flatten with lightly floured fork.
2. Shape into rolls, 3 inches long and 1/2 inch thick. Roll in finely chopped nuts. Can omit nuts and dip end of log in melted semi-sweet chocolate pieces or let cool and dust with confectioners sugar.
3. Mix 1/4 c. finely chopped nuts into all purpose cooky dough. Shape into rolls as above. Place on ungreased cookie sheet and bend into a crescent shape.
4. May use cookie press.

Note: If dough is too soft, chill for 1 hour.

- Mrs. Gavin G. Craig, Jr.

## DATE ROLLS

1 stick margarine  
 1 c. sugar  
 1/2 lb. dates

1/2 c. nuts  
 3 c. rice crispies  
 coconut

Cook oleo and sugar until blended. Cut up dates and add to sugar and cook 5 minutes. Pour over the rice crispies and nuts. Form into balls the size of large marbles. Roll in the coconut to coat.

- Mrs. Tate Page

## COOKIES

## NO BAKE COOKIES

|                         |                      |
|-------------------------|----------------------|
| 2 c. sugar              | 1/3 c. cocoa         |
| 1/2 c. milk             | 1 T. vanilla         |
| 1 stick butter          | 1/2 c. peanut butter |
| 2 c. quick cook oatmeal |                      |

In a pan, stir sugar and milk until dissolved. Put on stove and bring to a rolling boil. Boil 1 minute and then stir in 1 stick butter. Stir in oatmeal. As you take from stove, add cocoa, vanilla, and peanut butter. Drop by spoonfuls on waxed paper. They keep better in refrigerator.

- Katherine Higgins

## HELLO DOLLY COOKIES

|                             |                       |
|-----------------------------|-----------------------|
| 1 stick butter              | 1 cup chocolate chips |
| 1 cup graham cracker crumbs | 1 cup broken pecans   |
| 1 cup shredded coconut      | 1 can condensed milk  |

Preheat oven to 350°. Melt the butter in a 9x9 pan in the oven. Sprinkle the graham cracker crumbs over the melted butter, stir and spread evenly in pan. Over the crumbs, sprinkle the cup of shredded coconut. Over the coconut, sprinkle the chocolate drops. Over the chocolate, sprinkle the pecans. Over all, pour the can of condensed milk. Do not stir. Cook 30 minutes at 350°. Cool before cutting into squares.

- Lurene Gibson

## FRUIT CAKE COOKIES

|                      |                                  |
|----------------------|----------------------------------|
| 2/3 c. butter        | 2 t. cinnamon                    |
| 1 1/2 c. brown sugar | 3 T. buttermilk                  |
| 2 eggs               | 1 lb. box white seedless raisins |
| 3 c. flour           | 1 box dates                      |
| 1 t. soda            | 1 lb. nuts                       |
| 1 t. ground cloves   | 1/2 lb. mixed fruit              |
|                      | 1/2 lb. cherries                 |

Preheat oven to 325°. Cream butter and sugar. Add beaten eggs and flour with soda, cloves and cinnamon. Add buttermilk. Fold in fruits and nuts. Drop by teaspoon onto greased cookie sheets. Bake 12 minutes in 325° oven.

- Rebecca Searcy

## ICE BOX COOKIES

|                |                  |
|----------------|------------------|
| 3 1/2 c. flour | 1 c. butter      |
| 1 t. soda      | 2 eggs           |
| 1 T. cinnamon  | 1 c. brown sugar |
| 1/2 t. salt    | 1 c. nuts        |

Mix and place in refrigerator in two rolls. Cut 1/8 or 1/4 inch and bake until light brown, in 350° oven.

- Lorene Manning

## COOKIES

## SAND TARTS

|                |                       |
|----------------|-----------------------|
| 1 c. butter    | 2 t. vanilla          |
| Powdered sugar | 1 1/2 c. chopped nuts |
| 2 c. flour     |                       |

Cream butter and 5 T. sugar; work flour, vanilla and nuts into creamed mixture. Form into desired shape. Bake on ungreased baking sheet at 350° degrees for 15 minutes or until cookies start to brown. Roll in powdered sugar.

- Patricia Shanahan

## LEMON BARS

|                       |
|-----------------------|
| 1 cup flour           |
| 1/2 c. butter         |
| 1/2 c. powdered sugar |

Mix together, press in pan and bake 350° until light brown then pour on topping -

|                  |
|------------------|
| 2 T. flour       |
| 2 T. lemon juice |
| 2 eggs           |
| 1 c. sugar       |

Beat together (mix flour and sugar first) bake 20 more minutes at 350°. Cut in desired size.

- Lurene Gibson

## SWEETHEART COOKIES

|                           |
|---------------------------|
| 3/4 c. Crisco (salt free) |
| 1/2 c. sugar              |
| 1 egg yolk                |
| 1 1/2 c. flour            |

Knead all ingredients together. Chill overnight. Make balls the size of quarters. Put on lightly greased cookie sheet. Make depression and fill with stiff-tart jelly. Bake at 350°, not too brown. Roll in powdered sugar while still warm.

- Mrs. Gavin G. Craig, Jr.

## OATMEAL CRUNCHIES

|                      |                        |
|----------------------|------------------------|
| 1 1/2 c. flour       | 1 c. shortening        |
| 1/2 t. salt          | 1 egg                  |
| 1/2 t. cinnamon      | 1 t. vanilla           |
| 1/2 t. nutmeg        | 1/2 c. milk            |
| 1/2 t. soda          | 1-3/4 c. quick oats    |
| 1 1/2 c. brown sugar | 1/2 c. chopped walnuts |

Measure flour, soda, salt and spices. Sift. Cream shortening with brown sugar until fluffy in large bowl. Beat in egg and milk. Sift in flour mixture, blending well to make thick batter. Fold in rolled oats and walnuts. Drop by t. 3 inches apart on greased sheets. Bake at 375° for 12 minutes or until lightly browned.

- Chrystalee Martin



## COOKIES

### LEMON ICED COOKIES

|                            |                                 |
|----------------------------|---------------------------------|
| 1 c. flour                 | 1 c. chopped pecans             |
| 1/2 c. margarine           | 2 T. flour                      |
| 2 eggs                     | 1/2 t. each salt, baking powder |
| 1 1/2 c. light brown sugar | 1 t. vanilla                    |

Mix 1 c. flour and 1/2 c. margarine. Spread in 9x13 pan and bake about 12 minutes at 350°. Combine eggs, brown sugar and flour. Add other ingredients and pour on first mixture and bake 25 min. at 350°. Icing: Mix 1 1/2 c. confectioners sugar with enough fresh lemon juice to spread. Put on cookies while warm. Cut in small bars.

- Mrs. James Hicks

### MEXICAN WEDDING CAKES

|                          |                             |
|--------------------------|-----------------------------|
| 2 c. flour               | 1/2 c. pecans, chopped fine |
| 1/2 lb. butter           | 1 t. vanilla                |
| 8 T. confectioners sugar |                             |

Cream butter until fluffy. Add sugar and vanilla. Mix well. Add flour, 1/2 c. at a time, and mix well after each addition. Add pecans. Roll spoonfuls of batter in palms of hands and shape approximately the size of pecans. Place close together on ungreased cookie sheet. Bake 40 to 50 minutes in slow oven 275°. When slightly cooled, roll in confectioners sugar. Makes 50-60.

- Mrs. R. L. Sleamaker

### PEANUT BUTTER BARS

|                           |                          |
|---------------------------|--------------------------|
| 1-1/3 c. shortening       | 1 t. salt                |
| 2 c. Peanut Butter        | 8 shell eggs             |
| 1 c. (packed) brown sugar | 1 1/2 t. vanilla         |
| 1 qt. granulated sugar    | 1 qt. sifted flour       |
|                           | 4 t. baking powder       |
|                           | 1 qt. coconut or raisins |

Mix 1st 7 ingredients at low speed until well blended; Set aside. Sift flour and baking powder. Lightly mix in coconut or raisins. Add shortening mixture to flour mixture. Mix only until blended. Spread mix to a depth of 1/2 inch greased pans 18" x 26" x 1". Bake at 350° for 20-25 minutes. Cool, cut.

- Lurene Gibson

## COOKIES

### ORANGE NO-BAKE COOKIES

|                                |                                 |
|--------------------------------|---------------------------------|
| 12 oz. of vanilla wafer crumbs | 1/4 c. melted butter            |
| 1 c. powdered sugar            | 1 6 oz. can frozen orange juice |
| 3/4 c. chopped nuts            |                                 |

Mix all ingredients together. Form into small balls. Roll in powdered sugar. Freeze.

- Romanza O. Johnson

### SORGHUM VARIETY SQUARES

|                   |                                    |
|-------------------|------------------------------------|
| 1 c. sugar        | 1/2 t. cloves                      |
| 1/2 c. shortening | 2 1/2 c. flour                     |
| 1 egg             | 1/2 c. hot water                   |
| 1/2 c. sorghum    | 1 c. chopped dates or soft raisins |
| 1 t. soda         |                                    |
| 1 t. cinnamon     | 1/2 c. chopped nuts                |

Cream sugar and shortening. Blend in egg and sorghum. Add sifted dry ingredients to creamed mixture alternately with hot water. Add dates or raisins and nuts. Spread on greased 15 1/2" x 10 1/2" pan. Bake at 350° for 15-20 min. Frost as desired. When cool, cut in squares. For variety, use butterscotch chips, coconut, or cut-up gumdrops in place of raisins or dates.

- Romanza O. Johnson

### HALLOWEEN COOKIES

|   |                                 |
|---|---------------------------------|
| 4 T. butter                                 | round cookies or wafers         |
| 4 T. water                                  | graham crackers, cut diagonally |
| 1 12 1/2 oz. pkg. chocolate quick fudge mix | candy corn                      |
|   | coconut                         |

Keep water boiling in bottom of double boiler. Into top part, put butter and water. When butter has melted, add chocolate quick fudge mix. Stir 3 to 4 min., until glossy. Do not beat. Remove from heat, leaving top of double boiler over hot water. Frost one side of cookies and graham crackers. While frosting is still warm, place candy corn for eyes, nose, mouth; add coconut for whiskers. Let cool.

- Romanza O. Johnson

### ICE CREAM TEPEE

Soften chocolate ice cream. Pack into cone shaped paper cups. Freeze until ice cream is hard. Peel off paper. Decorate with decorate frosting. Return to freezer. When ready to serve, insert three Mister Salty Vari-thin Pretzel sticks in the top of tepee.

- Romanza O. Johnson



*Desserts*



## CHOOSING A DESSERT

The nutritional balance of the entire meal must be the major factor when choosing the proper dessert as well as a pleasant taste treat for rounding out the family meal.

Desserts are excellent means for improving the diet of the poor eater. They also give the homemaker an opportunity for fostering family unity through the preparation of desserts which can become traditional when celebrating special festive occasions.

Remember if the meal is light select a heavy dessert such as pie or cake, but if the meal is heavy you should serve a fruit custard, gelatin, sherbert, or another light dessert. Other considerations before making your recipe selection are time and energy required for preparation, cost, and the necessary equipment.

You will remember, of course, never to serve the same dessert too often. These many delicious recipes afford you an excellent opportunity for giving pleasure to your family and friends by creating desserts which will be real treats and the happy ending to perfect meals.

## PREPARATION METHODS FOR FREEZING DESSERTS

Freezing is so easy that you will want to plan desserts for weeks rather than days ahead. Time is saved by preparing desserts for tomorrow while cooking today. Exceptions, however, are desserts with cream fillings, cream puddings, or some custard pies which are not recommended for freezing.

When freezing desserts the first consideration is quality since the quality of the frozen dessert can never be better than the quality of the dessert chosen for freezing. Quality also demands that care be taken to freeze and maintain desserts at Zero Fahrenheit or below.

The second consideration is space in your freezer. Desserts demand considerable space and should not be crushed by crowding in a small space.

Careful wrapping is the third rule as all frozen desserts must be wrapped in moisture-vaporproof material to exclude as much air as possible. Contents, number of servings, and the date frozen should be plainly marked on each package.

## DESSERTS

### CHEESE CAKE

1 pkg. Lemon jello  
1 c. boiling water  
4 T. lemon juice  
1 c. sugar  
8 oz. cream cheese  
1 lg. can evaporated milk  
2½ c. Graham cracker crumbs  
½ c. sugar  
¾ stick margarine

Dissolve jello in water. Set aside to cool. Cream 1 c. sugar, lemon juice, cream cheese. Add to first mixture and cool. Chill milk until cold. Whip and fold into mixture. Mix crackers, margarine and sugar. Spread 2/3 into 9x12 pan. Add first mixture and top with remaining graham crackers.

- Lurene Gibson

### APPL. CRUNCH

6 c. sliced apples  
1 t. cinnamon  
1 T. lemon juice  
1/2 c. corn syrup  
1/2 c. sugar  
2/3 c. flour  
1/4 t. salt  
1/3 c. oleo  
1 c. grated cheddar cheese

Arrange the apples on a greased baking dish 11x8 and sprinkle with cinnamon. Mix lemon juice with corn syrup and pour over apples. Mix sugar, flour and salt. Cut in margarine, stir in cheese lightly. Pour over apples. Bake 1 hour at 350°.

- Mrs. Tate Page

### APPLE DESSERT

4 c. sliced, pared apples  
2 c. sugar  
2 c. all-purpose sifted flour  
1½ t. baking soda  
1 t. salt  
2 t. cinnamon  
2 eggs, well-beaten  
¾ c. salad oil  
2 t. vanilla  
1 c. chopped pecans or walnuts

Mix apples and sugar in a large bowl and let stand 5 minutes. Add eggs, salad oil, vanilla and nuts and mix thoroughly. Pour into greased pan, 13x9 inches. Bake at 350° for about 50 min.

- Mary Nell Duncan

## DESSERTS

### SOUR CREAM CHEESECAKE

2 eggs  
½ c. sugar  
2 t. vanilla  
1 lb. (2 8-oz. pkg.) soft cream cheese, cut into pieces  
1½ c. sour cream  
2 T. melted butter

Line a 9" layer cake pan with crumbs. Into container, put eggs, sugar, vanilla and sour cream. Cover. Blend 15 sec. on liquefy. With motor on, remove cover and gradually add cheese. Add melted butter. Pour cheese mixture into prepared cake pan and bake in preheated 325° oven for 35 minutes, or until set in center.

- Dorothy DeMars

### PEACH SHORTBREAD TARTS

3½ T. tapioca  
¾ c. sugar  
1/4 t. salt  
1/4 t. nutmeg  
1½ c. water  
4 c. sliced fresh peaches  
1½ T. lemon juice  
1 baked shortbread crust

Combine tapioca, sugar, salt, nutmeg, water and 1½ c. peaches. Cook and stir over medium heat until mixture comes to a boil. Remove from heat. Let stand 15 minutes. Then stir in lemon juice and remaining peaches. Cool. Fill crust just before serving.

- Mrs. Gavin G. Craig, Jr.

### PEACH CRUNCH

3 c. drained and diced canned peaches  
1/4 c. brown sugar  
¾ c. flour  
¾ c. white sugar  
1/4 t. salt  
1/4 t. cinnamon  
1 egg beaten  
1/3 c. melted butter or margarine

Pack sugar and peaches in an 8" square baking pan. Mix flour, white sugar, salt and cinnamon. Beat egg and mix with flour mixture. Spread over peaches and drizzle butter or margarine over mixture. Bake at 375° for about 45 minutes or until lightly browned. Serve warm. You can add a dab of whipped cream or ice cream if desired.

- Darlene Warren

### ICE CREAM FOR HOME FREEZER

Heat:  
¾ gal. whole milk  
2 c. sugar  
Mix:  
4 eggs  
1 can condensed milk (Eagle Brand)  
½ pint whipping cream  
2 t. vanilla

Add together and freeze. Any fruit that is desired may be added.

- Mrs. Sallie Hammers  
Franklin, Ky.



## DESSERTS

### CHERRY DELIGHT

1 8-oz. pkg. Phil. cream cheese  
1 pkg. dream whip  
1/2 c. cold milk  
1 t. vanilla  
1 c. sugar (powdered or granulated)  
1 can (#12) pie filling  
1/4 lb. oleo, melted  
1/4 c. sugar (granulated or powdered)  
1 pkg. graham crackers

Beat cream cheese and sugar until fluffy. In another bowl, whip dream whip, 1/2 c. milk and vanilla until stiff. Mix together and pour on top of graham cracker crust. Crust is made by mixing melted oleo with sugar and graham crackers and placing in a pan 9x14x2. Place cherry pie filling on top of Philadelphia cream mixture and let set in refrigerator for 1 hour or longer.

- Katherine Higgins

### CHERRY COBBLER

1 c. flour  
1 c. sugar  
1 t. baking powder  
1/2 c. milk  
#2 can sour pitted cherries and  
1 c. sugar, or sweeten to taste

Place 1 stick butter in baking dish or pan and melt. Pour dough mixture in on top of butter. Then pour cherries into pan. Bake 35 to 40 minutes, until crust is brown on top (moderate oven).

- Imogene Lovelace

### CHERRY CRUNCH

1 can cherry pie filling  
1 box white cake mix  
1 stick butter or oleo

Pour cherry filling in an 8x8 pan. Melt butter and mix with cake mix until it is crumbly. Put crumbly mixture on top of cherries and bake in oven at 350° for 40 minutes, or until top is brown. Note: You can use a regular can of cherries and thicken them yourself by adding 1/2 c. sugar and 1 1/2 T. cornstarch and cooking until thick.

- Katherine Higgins

### CHERRY CHEESE CAKE

1 graham cracker crust, chilled  
1st layer - 1 8 oz. pkg. cream cheese, 1 c. powdered sugar, 2-3 t. milk  
2nd layer - pecan halves  
3rd layer - dream whip (as directed on box)  
4th layer - cherry pie filling  
Chill before serving.

- Betty Hinton

## DESSERTS

### HOME FREEZER ICE CREAM

6 eggs, slightly beaten  
4 c. sugar  
1 T. vanilla  
1/4 t. salt  
1 pint whipping cream  
1 qt. half and half  
2-4 cans condensed milk  
3-4 c. crushed fruit - strawberries, peaches, bananas, etc.  
Freezer should have about 3 inches space at top to keep it from expanding over the top.

Mix the above ingredients together, making sure fruit is well crushed to disperse flavor. It is best if the mixture sits for several hours in the refrigerator to chill and allow the flavor to blend through-out. One of the secrets of making freezer ice cream is to use enough rock salt with your ice. After cream is frozen, pack with more ice and heavy cover of some type over the top and allow to sit 30 min. to an hour to make it firm. Remainder may be kept in refrigerator-freezer as any ice cream. This makes a good creamy ice cream for any occasion.

- Mrs. John R. Clifford (Virginia)

### RICH VANILLA ICE CREAM

2 qt. milk  
8 t. cornstarch  
2 c. sugar  
1/2 t. salt  
4 eggs  
1 qt. cream  
2 T. vanilla extract

Scald 6 c. milk over hot water. Mix cornstarch, sugar and salt. Add scalded milk, stirring until sugar is dissolved. Cook in double boiler over boiling water for 20 min. stirring constantly until slightly thickened. Beat eggs and beat in remaining 2 c. milk. Gradually stir hot mixture into egg mixture. Return mixture to top of double boiler and cook over boiling water 10 min., stirring constantly. Cool and add cream and vanilla extract. Chill. Pour into chilled 1-gal. ice cream freezer can. Yield: 1 gallon.

- Lurene Gibson

### HEATH MERINGUE DESSERT

7 egg whites (stiffly beaten)  
1-3/4 c. of sugar  
9 Heath Bars - ground  
1 pint of whipping cream  
Vanilla

Make a meringue of egg whites and sugar. Bake at 300° in 2 well-greased paper lined pans for 1 hour. Grind Heath Bars, whip and flavor cream. Place 1 meringue on cake plate. Ice with whipped cream and sprinkle half the Heath Bars on this. Place other meringue on the first. Ice with cream and put the rest of the Heath Bars on this. Refrigerate 10 hours before serving.

- Mrs. Gavin G. Craig, Jr.

## DESSERTS

### STRAWBERRY SOUFFLE

8 oz. pkg. Philadelphia cream cheese  
2/3 c. sugar  
2 pkg. Knox gelatin dissolved in 1/2 c. cold water  
1-3/4 c. boiling water  
1 T. lemon juice and juice from 10 oz. pkg. frozen strawberries  
Strawberries  
1 cup whipped cream

Blend cream cheese and sugar. Mix gelatin in cold water and add boiling water until mixture is dissolved. Add this to cheese and sugar. Add lemon juice and strawberry juice. Chill till slightly thickened. Fold in berries and 1 cup whipped cream. This is light and delicious. Serve with angel food or chiffon cake for the perfect dessert.

- Mrs. John R. Clifford (Virginia)

### STRAWBERRY MERINGUE TORTE

3 egg whites  
1/2 t. baking powder  
1 c. sugar  
10 squares (2") soda crackers,  
rolled fine  
1/2 cup-up pecans  
1 qt. unsweetened strawberries  
1 c. whipped cream (sweetened)

Heat oven to 300° (slow). Butter generously a 9" pie pan. Beat egg whites with baking powder until frothy. Gradually beat in sugar until whites are stiff. Fold in cracker crumbs and pecans. Spread in pie pan. Bake 30 minutes. Cool. Fill with strawberries and top with whipped cream. Chill several hours.

- Cathryn Wroe

### PINEAPPLE SHERBERT

1 c. crushed pineapple  
1 c. buttermilk  
1/2 c. sugar (more or less to taste)

Combine ingredients and mix. Pour into refrigerator ice tray. Stir once after mixture begins to freeze.

- Dorothy Reeves

### MOCHA CHOCOLATE FROSTING

Combine 6 T. cocoa and 6 T. hot coffee; add 6 T. butter and 1 t. vanilla. Gradually add 3 c. confectioners sugar, beating until of spreading consistency.

- Mrs. R. L. Sleamaker

## DESSERTS

### AVOCADO CREAM

Juice of 2 limes  
Diced meat of 3 large ripe avocados  
3/4 c. confectioners sugar  
1 qt. slightly softened vanilla ice cream

Place first three ingredients in blender container and blend until smooth. Fold carefully into the ice cream. Serve at once. It may be frozen but is much more appealing creamy. It should have the consistency of whipped cream. However, do not fail to place left-over portion in freezer to serve again.

- Dorine Geeslin

### BOILED CUSTARD

12 egg yolks  
2 c. sugar  
3 quarts milk  
2 t. vanilla  
1 pt. cream

Separate eggs. Add sugar to egg yolks in large mixing bowl. Beat on rotary beater until mixture is a light yellow. Scald milk and add, a little at a time, to egg mixture while continuing to beat. Pour into a large pan and cook at a low temperature until the custard coats the spoon. Add vanilla and cool. Whip cream and add to the custard or serve on top of individual servings. (Egg whites may be used for baking an angel food cake which is a good companion for boiled custard.)

- Dorothy Reeves

### GINGERBREAD

1/2 c. shortening  
1/2 c. sugar  
1 egg  
3/4 c. molasses  
1 c. sour milk  
2 1/2 c. flour  
1 t. each soda, ginger, cinnamon  
1/2 t. salt

Mix shortening, sugar and egg. Blend in molasses and milk. Sift dry ingredients and stir in first mixture. Pour into greased and floured 9" square pan. Bake at 325° for 45-50 minutes.

- Dot Fly





*Meats*

## MEAT

### GUIDES TO MEAT COOKERY

The tenderness of a meat cut determines how it must be cooked to insure satisfaction. Tender cuts are best cooked by dry heat methods--roasting, broiling, panbroiling, and frying. Less tender cuts are made tender by cooking with moist heat such as braising and stewing.

Cook meat slowly. Cooking it at a low temperature will mean a more tender, juicy, flavorful product.

A meat thermometer is the most accurate guide to doneness and insures against overcooking or undercooking roasts, thick steaks, chops, and poultry. Insert the thermometer into the thick portion of the meat at the beginning of the cooking period and let it stay until cooking is completed.

### HOW TO ROAST

Roast any tender cut of beef, veal, pork, or lamb. (1) Season meat with salt and pepper, if desired. It matters little whether a roast is salted before or during cooking because when it is done the salt has penetrated only about a half an inch into the meat. (2) Place meat, fat side up, on rack in open shallow roasting pan. The rack holds the meat out of the droppings and with the fat on top, it will baste itself as it cooks. (3) Insert the meat thermometer so that its bulb is in the center of the largest muscle but does not touch bone or rest in fat. (4) Add no water and do not cover. (5) Roast in 300-350° oven. It is not necessary to preheat oven. (6) Roast to desired degree of doneness.

### HOW TO BROIL

Tender beef steaks, lamb, or mutton chops, sliced ham or bacon, ground beef and lamb chops are suitable for broiling. Steaks and chops should be at least an inch thick and a ham at least half an inch. (1) Turn oven to broil. (2) Place meat on rack of broiler pan 2-3 inches from the heat. Steaks or chops 1½ to 2 inches thick should be at least 3 inches from the heat; those 1 inch or less in thickness, about 2 inches. (3) Broil until top side is brown. (4) Season the top side with salt and pepper. (5) Turn and brown the other side. (6) Season and serve immediately on a heated platter.

### HOW TO PANBROIL

Panbroil or griddle-broil the same tender cuts suitable for broiling. (1) Place meat in heavy frying pan or on griddle. Cook slowly. The pan or griddle need not be sizzling hot, nor is it necessary to preheat it. (2) Do not add fat or water. Do not cover. (3) Turn occasionally. (4) Pour off fat as it accumulates. (5) Brown meat on both sides gradually. (6) Do not overcook, season and serve immediately.



#### HOW TO FRY

Comparatively thin pieces of tender meat or that made tender by pounding, scoring, cubing, or grinding, and leftover meat may be fried. When meat is immersed in fat, it is called deep-fat frying.

#### TO PAN FRY

(1) Use a heavy frying pan. (2) Brown meat on both sides in small amount of fat. It will not be necessary to add fat for a slice of ham or for a pork chop unless the chop is breaded. (3) Season with salt and pepper. (4) Do not cover. (5) Cook at a moderate temperature until done, turning occasionally.

#### TO DEEP-FAT FRY

(1) Use a deep kettle and a frying basket. Use enough fat to completely cover the meat. (2) Heat fat to frying temperature--300-350°, depending upon the size of the pieces and whether the meat is uncooked or left over. A frying thermometer is essential to successful deep-fat frying unless an automatically controlled fryer is used. (3) Using the frying basket, lower a few uniform pieces of meat at a time gradually into the hot fat. (4) Brown meat and cook it thoroughly. When the meat is covered with fat no turning is necessary and both sides are cooked at once. (5) When done, drain fat from meat into kettle before removing meat from basket. (6) Strain fat through cloth and cool. Cover and store in refrigerator.

#### HOW TO BRAISE

Braising is a method for cooking less tender meat cuts. However, some tender cuts are also best if braised, such as pork chops, steaks, and cutlets, veal chops, and pork liver. (1) Brown meat slowly on all sides in a heavy utensil. (2) Season with salt, pepper, herbs, spices, and vegetables. In moist heat cookery the seasoning penetrates the meat to a greater extent than in roasting. (3) Add a small amount of liquid to less tender cuts. The liquid may be water, soup stock, vegetable juice, sour cream, or marinade. Liquid is not essential in braising tender cuts. (4) Cover closely. (5) Cook at low temperature until tender. This means simmering--not boiling. It may be done on top of the range or in a slow oven--not above 300°. (6) Make sauce or gravy from the liquid in pan. The gravy is an essential part of any braised meat dish. It contains meat flavors and soluble foods nutrients and should be used to accompany the meat.

#### MEATS

##### BRUNSWICK STEW

|                         |                         |
|-------------------------|-------------------------|
| 2 lbs. lean Boston butt | 2 cans cream style corn |
| 2 cans tomatoes         | 1 can tiny English peas |

Boil meat. Cook till very tender. Use broth (2 c. approximately). Chop meat till fine. Add tomatoes, corn, and peas. Cook slowly 3 or 4 hours. Warning: will stick easily. Stir often. Add tabasco and seasoning to taste.

- Carol Kem

##### OLD FASHIONED BEEF STEW

|                          |                      |
|--------------------------|----------------------|
| 2 lbs. stewing beef      | 3/4 lb. sm. onions   |
| 1 lb. sm. Irish potatoes | 2 fresh tomatoes     |
| 1 bunch sm. carrots      | assorted spices      |
| 2 1/2 pts. beef stock    | salt, pepper, accent |

Stew meat until tender. Add vegetables. When vegetables are done, drain off 1 c. of stock and thicken. Pour back into stew and let simmer for 1/2 hour.

- President Eisenhower

##### POOR BOY CHUCK

|                         |                                   |
|-------------------------|-----------------------------------|
| 3-4 lbs. beef pot roast | 10 1/2 oz. can condensed cream of |
| salt, pepper            | celery soup (undiluted)           |
|                         | 1/2 c. raw onion rings            |

In butter, brown pot roast slowly. Place in baking dish; sprinkle with salt and pepper. Spread celery soup over top of roast; add raw onion rings. Cover, bake in preheated 325° oven 2 1/2 to 3 hours.

- Chrystalee Martin

##### CLIFFORD'S CUT-UPS

|  |  |
|--|--|
| 2 lbs. round steak cut in small bite pieces  | Make a sauce of 4 T. butter, 2 T. flour, 2 c. beef bouillon, 2 bay leaves, 6 whole cloves. |
| Brown in 2 T. oil. Salt and pepper to taste. Add 1 medium green pepper cut in strips and 1 can of mushroom pieces. | Allow to simmer for 5 min. then remove bay leaves and cloves.                              |
| Continue to simmer.  |  |

To the above sauce, add 1/3 c. lemon juice (I use Real Lemon) and pour sauce over meat. Allow to simmer about 15 min. until well-blended. If mixture becomes too thick, add additional bouillon to thin it down. Serve over hot rice. This will have a slightly tart, oriental flavor.

- Mrs. John R. Clifford

## MEATS

### CHILI

|                       |                             |
|-----------------------|-----------------------------|
| 2 lbs. ground beef    | 1 large can tomato juice    |
| 1 large onion, diced  | 3 t. chili powder           |
| 1 c. red kidney beans | $\frac{1}{2}$ box spaghetti |
| 1 c. tomato soup      | salt, pepper                |

Brown ground beef and onion. Cook spaghetti according to directions. Add  $\frac{3}{4}$  can of tomato juice to other ingredients. Simmer. Drain spaghetti and add.

- Virginia Mutchler

### CONEY ISLANDS

|                   |                           |
|-------------------|---------------------------|
| 1 lb. hamburger   | 1 t. tabasco sauce        |
| 1 bottle catsup   | 2 T. pickle juice         |
| 2 t. mustard      | 1 T. worcestershire sauce |
| 2 t. chili powder | salt                      |
| 3 T. brown sugar  | pepper                    |

Brown hamburger meat. Add other ingredients. Cook 15 min. Serve on buns.

- Mickey Jones

### FRANKFURTERS

|              |                      |
|--------------|----------------------|
| frankfurters | sharp cheddar cheese |
| bacon        |                      |

Cut a deep slit in one side of each frankfurter, insert some sharp cheddar cheese and wrap frankfurter with a strip of bacon to hold it together. Fasten with a toothpick and grill. Serve between finger rolls or small French rolls.

- Lurene Gibson

### CREOLE SOFT HAMBURGERS

|                           |                              |
|---------------------------|------------------------------|
| 1 lb. ground beef         | 1 t. worcestershire sauce    |
| 1 onion, chopped          | 2 T. tomato catsup           |
| 1 can. chicken gumbo soup | $\frac{1}{4}$ soup can water |
| 1 t. mustard              |                              |

Brown ground beef and onion in skillet. Pour off excess fat, add remaining ingredients and cook 10 min. or until mixture will hold on bun.

- Imogene Lovelace

## MEATS

### MARINATED CHUCK ROAST

|                                |                        |
|--------------------------------|------------------------|
| 3 to 5 lb. chuck roast         | 1 T. vinegar           |
| $\frac{1}{2}$ c. strong coffee | 1 T. sesame seed       |
| $\frac{1}{2}$ c. soy sauce     | 1 large onion, chopped |
| 1 T. worcestershire            | meat tenderizer        |

Sprinkle meat with tenderizer. Brown sesame seed in dab of margarine. Add other ingredients and pour over roast. Let stand (turning every few hours) at room temperature all day. Then charcoal broil for about 40 to 45 min. Slice thin to serve.

- Mrs. James Hicks

### SLOPPY JOES - TALLAHATCHIE STYLE

|                         |                           |
|-------------------------|---------------------------|
| 1 lb. ground beef       | 1 t. salt                 |
| (ground twice)          | $\frac{1}{8}$ T. pepper   |
| 1 T. butter             | 1 t. worcestershire sauce |
| $\frac{1}{2}$ c. catsup | 1 T. sweet pickle vinegar |
| 1 t. mustard            |                           |

Saute ground beef in butter over medium heat until white. Add other ingredients and simmer 30 min. with lid on. Serve in buns. May be wrapped in foil and kept warm in low oven.

- Janet Jackson

### SPOONBURGERS

|                                 |                                |
|---------------------------------|--------------------------------|
| 2 lbs. ground beef              | 1 t. tabasco sauce             |
| 2 T. fat                        | $\frac{1}{8}$ t. pepper        |
| $\frac{2}{3}$ c. chopped onions | 2 T. worcestershire sauce      |
| 3 T. tomato catsup              | 2 cans condensed chicken gumbo |
| 1 T. prepared mustard           | soup                           |
| 1 t. salt                       | 8 hamburger buns               |

Brown meat in hot fat in skillet over low direct heat. Add onions and continue cooking until onion is nicely browned, about five min. Stir in remaining ingredients. Place cover on skillet and simmer over low heat for 30 min. Spoon on buns as needed.

- Lurene Gibson

### LIVER SUPREME

|                                      |                      |
|--------------------------------------|----------------------|
| 6 slices calf liver                  | 1 onion, chopped     |
| 10 $\frac{3}{4}$ oz. can tomato soup | 1 c. celery, chopped |
| $\frac{1}{2}$ soup can water         |                      |

Salt, pepper, and flour liver. In skillet with grease brown liver on both sides. Pour excess grease off and add other ingredients. Smother 20 min. on low heat or until tender.

- Imogene Lovelace



## MEATS

### HAMBURGER HEAVEN

|                       |  |
|-----------------------|--|
| 1 lb. ground beef     | 1 c. chooped celery                            |
| onion-salt (to taste) | 1 no. 2 can ripe olives                        |
| salt and pepper       | 2 c. fine dry noodles                          |
| ½ lb. American cheese | ¼ c. water (add 1 boullion cube to this water) |

Brown meat slightly in skillet. Season with onion salt, salt, and pepper. Add remaining ingredients in layers in order given. Rinse out tomato can with ¼ c. water and pour over all. Sprinkle more salt and pepper; cover. Cook on high heat until steaming; then simmer for 30 min. Hint: These ingredients may be increased to serve any number of guests.

- Dorothy Garrett

### LITTLE ROUND CHINESE MEATBALLS

|                      |                        |
|----------------------|------------------------|
| 1½ lbs. ground chuck | 1 T. powdered ginger   |
| ½ c. soy sauce       | 1 crushed clove garlic |
| ¼ c. water           |                        |

Make balls about an inch in diameter. Bake uncovered for an hour in 275° oven. Makes about 50 meatballs. May be frozen and reheated for serving.

- Thelma M. Carter

### MEAT LOAF

|                     |                         |
|---------------------|-------------------------|
| 1 lb. ground veal   | 1 lb. ground beef       |
| 1 T. salt           | 1/8 t. pepper           |
| 1 small onion       | 2 eggs, slightly beaten |
| 1 c. cracker crumbs | ½ c. milk               |
| 2 sweet pickles     | 4 T. catsup             |

Mix ingredients thoroughly and pack into greased loaf pan or ring mold. Place in oven. Bake for 1½ hours. Temperature 350°.

- Dorothy DeMars

### BARBECUED MEAT LOAF

|                         |                           |
|-------------------------|---------------------------|
| 1½ lbs. ground beef     | 1 15 oz. can tomato sauce |
| 1 c. fresh bread crumbs | ½ c. water                |
| 1 onion finely chopped  | 3 T. vinegar              |
| 1 egg                   | 3 T. brown sugar          |
| 1½ t. salt              | 2 T. prepared mustard     |
| ¼ t. pepper             | 2 t. worcestershire sauce |

## MEATS

Mix together beef, crumbs, onions, eggs, salt, pepper, and 1/3 can tomato sauce. Form into loaf and put in shallow baking dish. Combine the rest of the sauce and all other ingredinets. Pour over loaf. Bake 350° for 1 hour and 15 min. Baste occasionally.

- Mrs. R. L. Sleamaker

### ITALIAN SPAGHETTI

|                     |                     |
|---------------------|---------------------|
| 1½ lb. ground steak | 2 cans tomato paste |
| 1 lg. can mushrooms | 2 green peppers     |
| 1 garlic clove      | 1 can pimento       |
| 2 lg. onions        | ¼ lb. butter        |
| 2 cans tomato puree | salt to taste       |
|                     | 2 lb. spaghetti     |

Cut up together or run through a food chooper the garlic, onions, green peppers, and pimentos. Mix well with tomato paste and puree. Salt steak and cook in butter until brown. Mix with garlic mix and cook until the mixture is thick. Approximately 1 hour. A few minutes before serving, mix the mushrooms and cook for five min.

- Lurene Gibson

### MEAT BALLS & SPAGHETTI

|                     |                            |
|---------------------|----------------------------|
| 1 lb. ground beef   | 1 t. salt                  |
| 2 t. grated onion   | ½ c. cracker crumbs        |
| 1 T. dried parsley  | 1 15 oz. can tomato sauce  |
| 2½ t. dried mustard | 1 T. sharp grated cheese   |
| 1 t. chili powder   | small can sliced mushrooms |

Combine first 7 ingredients and form into balls the size of walnuts. Brown lightly in vegetable oil, combine remaining ingredients and pour over meat balls. Simmer slowly for about 40 min. Serve over hot spaghetti.

- Mrs. R. L. Sleamaker

### MUSKETRELI

|                       |                              |
|-----------------------|------------------------------|
| 1 stick butter        | 2 cans tomato soup           |
| 1½ lb. ground steak   | 1 large can mushrooms        |
| 1 lb. onions          | ½ lb. shell macaroni, cooked |
| 1 lb. American cheese | in salted water              |

Brown steak in butter, add onions then other ingredients except macaroni and mushrooms. Cook slowly for 10 min. Add cooked macaroni and simmer for 15 to 20 min. Add mushrooms and simmer 5 min. longer.

- Lurene Gibson

## MEATS

### ROLLED RUMP DELUXE

|                           |                                     |
|---------------------------|-------------------------------------|
| 1 4 lb. rolled rump roast | $\frac{1}{2}$ t. cinnamon           |
| $\frac{1}{2}$ c. flour    | 1 bay leaf                          |
| salt and pepper           | 2 med. onions, chopped              |
| beef fat or drippings     | $\frac{1}{2}$ c. water              |
| $\frac{1}{2}$ t. cloves   | $\frac{1}{2}$ c. Burgundy or Claret |
| 1 t. ginger               | 2 T. sugar                          |
| $\frac{1}{2}$ t. allspice |                                     |

Rub meat with flour, salt, and pepper; brown on all sides in beef fat or drippings. Add all seasonings, onions, and water. Bake in a covered pan at 325° for 3½ hours. Remove cover; add the wine and sugar. Bake for 15 min., basting every 5 min.

- Patricia Shanahan

### PEPPER STEAK

|  |                                      |
|--|--------------------------------------|
| 1½ lbs. round steak, cut $\frac{1}{2}$ " thick | $\frac{1}{2}$ c. chopped onion       |
| $\frac{1}{4}$ c. all-purpose flour             | 1 small clove garlic, minced         |
| $\frac{1}{2}$ t. salt                          | 1 T. beef-flavored gravy base        |
| 1/8 t. pepper                                  | 1½ t. worcestershire sauce           |
| $\frac{1}{4}$ c. cooking oil or shortening     | 2 large green peppers, cut in strips |
| 1 8 oz. can tomatoes                           | hot cooked rice                      |
| 1 ¾ c. water                                   |                                      |

Cut steak in strips. Combine flour, salt, and pepper; coat meat strips. In large skillet, cook meat in hot oil till browned on all sides. Drain tomatoes, reserving liquid. Add tomato liquid, water, onion, garlic, and gravy base to meat in skillet. Cover and simmer for about 1½ hours, till meat is tender. Uncover; stir in worcestershire. Add green pepper strips. Cover and simmer for 5 min. If necessary, thicken gravy with a mixture of a little flour and cold water. Add drained tomatoes; cook about 5 min. more. Serve over hot rice.

- Carol Kem

### COUNTRY HAM a la COACH DIDDLE

|                         |                    |
|-------------------------|--------------------|
| 1 country ham, any size | water to cover ham |
| 1 lard stand            |                    |

Wash and clean ham well. Place in lard stand. Fill with water until ham is covered. (You, of course, have your stand on the stove.) Cover the stand with lid. When water starts to boil, begin timing. It must boil rapidly for 20 min. You will need help in removing stand from stove to store away in a corner. Wrap well in newspapers, old rugs, blankets, etc. Leave covered for 24 hours. Unwrap, remove ham; it will be warm, well cooked, tender and juicy with little or no shrinkage. If desired, skin, score, decorate and brown in oven.

## MEATS

Hint: If you suspect the ham may be over-salty, scrub clean the night before and soak in cold water. A little vinegar added to this water will help to tenderize. This is one of the most delicious ways to prepare a country ham. Mr. Diddle presented Mr. Ned Irich, President of Madison Squar Garden, New York, a ham prepared by this method.

- Dorothy Garrett

### BARBECUED PORK CHOPS

Brown 1 chopped onion in 1 T. fat  
Add  $\frac{3}{4}$  c. water  
1 T. worcestershire sauce  
2 T. vinegar  
2 T. brown sugar  
1 bottle chili sauce  
 $\frac{1}{2}$  c. lemon juice  
salt and pepper

Place pork chops in pan and cover with reynolds wrap. Cook in oven 500° for 15 min. Then pour sauce over them. Reduce oven temperature to 375°. Cook for 45 min. uncovered.

- Lurene Gibson

### PORK CHOP SKILLET

|                               |                         |
|-------------------------------|-------------------------|
| 4 pork chops                  | $\frac{1}{2}$ t. pepper |
| 2 T. flour                    | 4 med. potatoes-sliced  |
| 1/3 c. grated Parmesan cheese | 2 med. onions-sliced    |
| $\frac{1}{2}$ t. salt         | 3 beef bouillon cubes   |
|                               | ¾ c. water, hot         |

Trim excess fat from chops. Heat in skillet until you have about 2 T. drippings. Roll chops in flour, brown in fat. Combine cheese, salt, and pepper. Sprinkle 2 T. mixture over the meat. Cover with potato slices, sprinkle with 2 T. more cheese mixture. Add onion slices. Dissolve bouillon cubes in water, pour over all. Sprinkle with remaining cheese; cover, simmer about 30 min. or until meat and vegetables are done. Serves 4.

- Evelyn White

### POLYNESIAN RIBS

|                            |                               |
|----------------------------|-------------------------------|
| 4 lbs. pork spareribs      | $\frac{1}{2}$ c. water        |
| 1 c. brown sugar, packed   | 2 T. worcestershire sauce     |
| 3 T. cornstarch            | $\frac{1}{2}$ c. minced onion |
| 1 t. celery salt           | 1/3 c. wine or cider vinegar  |
| 1 t. ginger                | 1 T. shredded orange rind     |
| $\frac{1}{2}$ c. soy sauce | 1 can crushed pineapple 8 oz. |



Cut ribs into serving size pieces 3 to 4 ribs wide. Arrange spareribs in shallow roasting pan. Cover pan with aluminum foil; crimp foil tightly to edge of pan. Bake in moderate oven 375° for 1 hour. Mix together brown sugar, cornstarch, celery salt and ginger. Stir in remaining ingredients. Cook over low heat, stirring constantly, until mixture thickens slightly. Drain drippings from baking pan. Brush ribs generously with sauce and spoon remaining sauce over ribs. Cover pan with foil and crimp to edge of pan. Return ribs to oven and bake 30 min.; remove foil and continue baking until tender and brown. Serve plain or on buttered or curried rice.

- Mrs. Robert Melville

#### SWEET AND SOUR PORK WITH RICE PILAF

|   |   |
|---|---|
| 1 lb. pork cut into $\frac{1}{2}$ " cubes | 4 slices canned pineapple<br>(cut in eighths) |
| 2 T. fat                                  | Sauce:  |
| salt and pepper                           | 3 T. cornstarch                               |
| 1 c. bouillon                             | $\frac{1}{4}$ c. sugar                        |
| 1 green pepper (cut in 1" pieces)         | $\frac{1}{4}$ c. vinegar                      |
| 3 T. chopped onion                        | 2 t. soy sauce                                |
|   | $\frac{1}{2}$ c. pineapple juice              |

Brown pork cubes in fat. Season, add bouillon and cook, covered 45 min. over low heat. Add green pepper, onion, and pineapple. Cook another 10 min. Sauce: Blend all 5 ingredients as listed. Heat slowly and allow to thicken. Serve over Rice Pilaf.

- Mary Dillingham

#### CHICKEN ADOBO

|                              |                   |
|------------------------------|-------------------|
| 1 $\frac{1}{2}$ c. soy sauce | 1 chicken, cut up |
| 3 cloves garlic              | 3 c. wild rice    |
| 1 $\frac{1}{8}$ c. vinegar   | 1 large onion     |
| cooking oil                  |                   |

Place 1 cup up chicken in pot, add 1 c. soy suace, 2 mashed cloves garlic, 1 c. vinegar, cut up onion. Boil until tender. Remove and drain. Place chicken in skillet over a low heat, add cooking oil and brown. Drain oil and add 1 c. soy suace,  $\frac{1}{8}$  c. vinegar,  $\frac{1}{4}$  c. chopped onion and simmer until gravy is warm. Serve chicken and gravy over wild rice.

- Chuck Crume

#### CHICKEN a la KING

|                            |  |
|----------------------------|--|
| 1/3 c. butter, melted      | few grains pepper                            |
| 2 T. chopped green peppers | 2 $\frac{1}{2}$ c. cooked & seasoned chicken |
| 1 c. sliced mushrooms      | finely chopped                               |
| 3 T. flour                 | 1 beaten egg yolk                            |
| 2 c. milk                  | 2 T. pimento                                 |
| $\frac{1}{4}$ t. salt      |  |

Simmer butter, add flour and blend. Add milk, slowly stirring until blended. Add seasoning, chicken and mushrooms. Cook over low heat until it boils, add egg yolk, pimento and stir 2 min. longer. Serve on hot buttered toast.

- Lurene Gibson

#### CHICKEN BREAST SUPREME

|  |                                      |
|--|--------------------------------------|
| 3 large chicken breasts<br>cut in half and boned | $\frac{1}{4}$ c. butter              |
| 3/4 t. salt                                      | $\frac{1}{2}$ t. minced onion powder |
| $\frac{1}{4}$ t. paprika                         | $\frac{1}{2}$ t. curry powder        |
| 1 chicken bouillon cube                          | 2 T. flour                           |
| 1 c. boiling water                               | $\frac{1}{2}$ c. water               |
| $\frac{1}{2}$ c. sauteerne                       | 1 3 oz. can mushrooms drained        |

Slowly brown chicken in oil. Sprinkle with salt and paprika. Place in an 11 $\frac{1}{2}$  x 7 $\frac{1}{2}$  x 1 $\frac{1}{2}$  baking dish. Dissolve bouillon cube in boiling water, add wine, instant onion and curry. Pour over chicken and bake covered with foil 30 min. at 350°. Uncover bake 30 - 35 min. Remove chicken to platter to keep warm. To juices add the flour, water and the mushrooms. Cook until it thickens.

- Mrs. Tate Page

#### CHICKEN PAPRIKA

|                                     |                           |
|-------------------------------------|---------------------------|
| One fryer 2 $\frac{1}{2}$ to 3 lbs. | consomme or chicken broth |
| 3 T. butter                         | 1 c. water                |
| 1 $\frac{1}{2}$ c. chopped onions   | 1 t. flour                |
| 2 t. paprika                        | 1 c. sour cream           |
| 1 can mushroom soup                 |                           |

Cut up chicken, sprinkle with salt. Brown onions in butter add paprika, soup and water. Boil; add the chicken and simmer until tender, about 1 $\frac{1}{2}$  hours. Stir the cream, thickened with the flour, slowly over the chicken, and cook 5 min. longer.

- Mrs. C. Charles Clark

## MEATS

### QUICK BEEF STROGANOFF

- |  |                                       |
|--|---------------------------------------|
| 1 lb. round steak, $\frac{1}{4}$ inch thick  | 1 c. sour cream                       |
| 1 3 oz. can broiled sliced mushrooms, with liquid (add enough water to make 1 c. liquid) | 2 T. all-purpose flour or corn-starch |
| 1 envelope dry onion-soup mix  | $\frac{1}{4}$ t. prepared mustard     |
|  | 1 t. salt                             |
|  | dash of pepper                        |

Trim fat from meat and reserve. Cut meat diagonally across grain in very thin strips. Heat fat in skillet until you have about 3 T. melted fat (if necessary, add oil). Brown meat. Add mushrooms and onion soup. Heat to boiling. Blend sour cream and flour. Add to hot mixture. Cook and stir until mixture thickens slightly. Serve over noodles, rice, or oven toasted muffins. Makes about 5 or 6 servings.

- Romanza O. Johnson

### BAVARIAN CHICKEN BREASTS

Flour and brown in skillet 4 chicken breasts. Remove and place in greased casserole. Put small slice of ham (preferably country ham) on top of each. To drippings in skillet add 1 T. flour and brown. Add:

- |                                |                                |
|--------------------------------|--------------------------------|
| $\frac{3}{4}$ c. chicken broth | $\frac{3}{4}$ c. white wine    |
| $\frac{1}{8}$ t. thyme         | $\frac{1}{2}$ c. half and half |
| 1 T. minced onions             | 1 t. parsley flakes            |

Salt and pepper to taste. Simmer till smooth and pour over breasts. Bake in covered dish at  $350^{\circ}$  about an hour, or until tender. Note: One can substitute undiluted carnation milk for the half and half. Also, can use dried minced onion and dried parsley flakes.

- Romanza O. Johnson

### CHICKEN ROYALE

- |                                 |                          |
|---------------------------------|--------------------------|
| 4 chicken breasts               | $\frac{1}{2}$ t. salt    |
| $\frac{1}{4}$ c. enriched flour | $\frac{1}{4}$ t. paprika |
|                                 | dash of pepper           |

Split chicken breasts just enough to fold. Combine next 4 ingredients in a paper bag. Add chicken and shake. Dip chicken in  $\frac{1}{4}$  c. melted butter. Place in baking dish and bake covered at  $325^{\circ}$  for 90 min. Uncover and brown. Serve with sour cream mushroom sauce.

- Mrs. Gavin G. Craig, Jr.



*Miscellaneous*



# MISCELLANEOUS

## PAN-FRIED NOODLES

Boil noodles for 10-12 min. or until done. Cook as many as desired for the number of people to be served. Drain and wash with cold water. Drain all water out and fry in hot skillet in plenty of grease. When brown, turn on other side. Do not cook over  $\frac{1}{4}$  inch in bottom of skillet at one time. Put on individual plate and pour or spoon on chow mein.

- June Webb

## BARBECUE SAUCE

|                          |  |
|--------------------------|--|
| 3 cloves of garlic       | 1 bottle red hot or tabasco sauce                    |
| juice from one lemon     | 2 c. tomato ketchup                                  |
| 2 t. hickory smoked salt | $\frac{1}{2}$ c. French's prepared mustard <u>or</u> |
| 1 t. cayenne pepper      | 1 T. dry mustard                                     |
| 1 c. wesson oil          | 2 bottles worcestershire sauce                       |
| 1 T. sugar               | 1 T. salt  |

Pulverize garlic, add lemon juice, salt, pepper, and sugar. Add red hot sauce, mustard, ketchup, and stir. Add worcestershire sauce, and wesson oil. Whip well or beat with rotary mixer. This sauce can be stored in or out of the refrigerator.

- Virginia Mutchler

## CHOCOLATE FUDGE SAUCE

|                            |  |
|----------------------------|--|
| 2 squares chocolate        | 1 c. sugar   |
| $\frac{1}{2}$ stick butter | 1 small can condensed milk<br>(5 $\frac{1}{2}$ size) |

Cook chocolate together until melted. Add slowly one cup sugar. Mix well and cook till sugar melts. Add slowly the condensed milk. Bring just to a boil, remove from heat. (To be used for hot fudge sundaes.)

- Mrs. C. Charles Clark

## GLAZED HAM SAUCE

|                              |                          |
|------------------------------|--------------------------|
| $\frac{1}{2}$ c. brown sugar | 1 T. vinegar             |
| 2 T. flour                   | $\frac{1}{2}$ c. raisins |
| $\frac{1}{2}$ T. dry mustard |                          |

Combine ingredients and heat to boiling point. Cool. Serve over sliced ham.

- Juanita Dickson

# MISCELLANEOUS

## ITALIAN MEAT SAUCE

|   |                                      |
|---|--------------------------------------|
| 1 c. chopped onion                              | 2 stalks celery with tops, chop      |
| $1\frac{1}{2}$ lbs. ground beef<br>(extra lean) | 2 t. salt                            |
| 2 cloves garlic                                 | $\frac{1}{2}$ t. accent (optional)   |
| 2 lg. cans tomatoes<br>(1 lb. 12 oz. can)       | 3 t. dried oregano-crushed           |
| 1 6 oz. can tomato paste                        | $\frac{1}{2}$ t. dried thyme-crushed |
|   | 1 bay leaf                           |
|   | .6 oz. water                         |

Put all ingredients in large pot and stir thoroughly. Cover and cook slowly 10 to 18 hours. Freezes well.

- Mable Ross  
Urish, Missouri

## PINEAPPLE HAM SAUCE

|                              |                                  |
|------------------------------|----------------------------------|
| 2 T. butter                  | $\frac{1}{2}$ c. brown sugar     |
| $\frac{1}{2}$ t. dry mustard | $\frac{1}{2}$ c. pineapple syrup |

Combine ingredients and heat to boiling point. Cool. Yields about  $\frac{1}{2}$  cup. Serve over sliced ham.

- Juanita Dickson

## PORK CHOW MEIN

|  |  |
|--|--|
| 5-6 chops in cubes or<br>pork shoulder   | Then add:  |
| Dredge with flour, salt,<br>pepper, and sear<br>quickly in $\frac{1}{2}$ c. bacon<br>grease. | 2 c. chopped celery  |
|  | $\frac{1}{2}$ t. salt  |
|  | 2 c. hot water   |
|  | Simmer until tender. Add 2 cans<br>bean sprouts, 1 sm. can mushrooms,<br>about 5 T. soy sauce (depending<br>on how strong you like the flavor) |

Then add  $1\frac{1}{2}$  t. vinegar and  $1\frac{1}{2}$  t. brown sugar (these two also can be used according to taste). Thicken after half-hour with  $1\frac{1}{2}$  T. cornstarch and  $1\frac{1}{2}$  T. cold water. If more gravy is desired, add more water and thickening. Simmer for 10 min. and serve over pan-fried noodles. (can also be served over hot rice)

- June Webb

## ROQUEFORT DRESSING

|                             |   |
|-----------------------------|---|
| 1 c. olive oil or salad oil | 2 T. parsley flakes                                   |
| $\frac{1}{2}$ c. vinegar    | Dash cayenne  |
| $\frac{1}{2}$ t. salt       | 2 pkgs. Roquefort cheese or bleu<br>cheese (crumbled) |
| $1/8$ t. white pepper       |   |

Put all ingredients in blender for 4-5 min. or until smooth.

- June Webb

# MISCELLANEOUS

## SOUR CREAM MUSHROOM SAUCE

|                                   |                                 |
|-----------------------------------|---------------------------------|
| $\frac{1}{2}$ lb. fresh mushrooms | $\frac{1}{2}$ c. whipping cream |
| $\frac{1}{4}$ c. minced onion     | $\frac{1}{2}$ c. sour cream     |
| 2 T. butter                       | $\frac{1}{2}$ t. salt           |
| 2 T. flour                        | $\frac{1}{2}$ t. pepper         |

Brown sliced mushrooms and onions lightly in butter. Cover and cook 10 min. Stir in flour. Add whipping cream, sour cream, and seasonings. Heat slowly, stirring constantly almost to the boiling point. Pour over chicken royale.

- Mrs. Gavin G. Craig, Jr.

## SPAGHETTI SAUCE

|                           |                             |
|---------------------------|-----------------------------|
| 2 lbs. ground beef        | 5 whole cloves              |
| 1 medium onion            | 3 bay leaves                |
| garlic powder             | 1 t. paprika                |
| 3 small can. tomato paste | 1 t. salt                   |
| 1 c. water                | 1 large can mushroom pieces |

Brown first three ingredients with oil. Add remaining ingredients. Cook 3-4 hours over low heat.

- Jeanne Rich

## ITALIAN SPAGHETTI SAUCE

|                               |                              |
|-------------------------------|------------------------------|
| 1 lb. ground beef             | 1 can tomatoes, chopped fine |
| 1 large onion                 | 2 T. worcestershire sauce    |
| 2 cloves garlic               | 2 T. tomato catsup           |
| 1 can tomato paste, 6 oz.     | 1 T. sugar                   |
| $\frac{1}{2}$ t. salt         | $\frac{1}{2}$ t. pepper      |
| $\frac{1}{2}$ t. chili powder |                              |

Brown ground beef and onion in skillet. Add to other ingredients. Simmer 3 hours or until thick. If preferred cook in pressure cooker 45 min. Then simmer until consistency desired. Makes enough sauce for two boxes of spaghetti.

- Virginia Mutchler

## VEGETABLE SOUP

|                         |                          |
|-------------------------|--------------------------|
| 1 lb. lean beef         | 6 c. cold water          |
| $\frac{1}{2}$ t. pepper | 2 onions, diced          |
| 2 c. canned tomatoes    | 3 potatoes, cubed        |
| 2 carrots, cubed        | 3 stalks celery, chopped |
| 1 t. salt               |                          |

Place meat in deep-well cooker and sprinkle with salt and pepper. Add water and vegetables. Cover and turn to low heat or simmer and cook 3 hours.

- Dorothy DeMars

# MISCELLANEOUS

## LOW CALORIE WHIPPED TOPPING

|  |                       |
|--|-----------------------|
| $\frac{1}{2}$ c. very cold water (ice) | 1 T. lemon juice      |
| 3 T. non-fat dry milk                  | non-calorie sweetener |

Chill all ingredients, including bowl and mixing beaters. Beat mixture until it stands in peaks. Use immediately.

- Mrs. C. Charles Clark

## DIPSY DEVIL

|   |                          |
|---|--------------------------|
| 1 jar (5 oz.) cream cheese                    | 2 T. snipped parsley     |
| with pimento                                  | 1 T. minced onion        |
| 1 can (2 $\frac{1}{2}$ oz.) deviled ham       | 4 drops red pepper sauce |
| $\frac{1}{2}$ c. mayonnaise or salad dressing |                          |

Combine all ingredients in blender. Beat until creamy.

- Romanza O. Johnson





Pickles  
Preserves  
Relishes

## PRESERVES, PICKLES, RELISHES

### PEAR RELISH

4 qts. pears (after they're  
peeled and ground)  
2 qts. onions (4 lbs.)  
8 green peppers  
2 red peppers  
12 dill pickles - large size  
2 qts. vinegar (cider)  
1 c. salt  
2 hot peppers  
8 T. flour-sifted  
4 c. sugar  
2 T. tumeric  
2 T. dry mustard

Grind pears, peppers, onions and pickles. Let stand in salt for 30 min. Drain well. Combine dry ingredients, with small amount vinegar, to form paste. Add remaining vinegar, mix well. Cook 5 minutes. Remove from heat and add remaining ingredients. Let stand 5 minutes. Pour into jars while hot. Seal.

- Mable Ross

### DELICIOUS STRAWBERRY PRESERVES

1 quart strawberries  
2 T. vinegar  
4 c. sugar  
6 drops red food coloring

Wash and drain berries; put in a 3 or 4 quart pan. Add vinegar and cook slowly until mixture comes to boil. Boil rapidly for 4 minutes. Add sugar and food coloring. Cook rapidly for 10 minutes, skimming foam as it forms. Stir, occasionally. Pour into shallow pan. Let stand for several hours or until thick; stirring occasionally. Put in jars and seal.

- Lurene Gibson

### ZUCCHINI MARMALADE

2 lbs. zucchini squash  
juice 2 lemons  
1 t. grated lemon peel  
1 13½-oz. can crushed pineapple, drained  
1 pkg. Sure-jell  
5 c. sugar  
2 T. candied ginger- chopped

Peel and slice squash, thin. Measure 6 c. into large kettle. Add next 3 ingredients. Bring to boil, lower heat and simmer 15 min. or until tender. Add pectin, bring to boil over high heat, stir in sugar and ginger. Bring to rolling boil and boil hard for 1 min., stirring constantly. Remove from heat and stir 5 min. Ladle into jars and seal. Makes 5 half pints.

- Mable Ross



## TWO-DAY LIME PICKLES

|                       |                             |
|-----------------------|-----------------------------|
| 8 lbs. cucumbers      | 1½ t. whole allspice        |
| 2 gal. water          | 1½ t. celery seed           |
| 2 c. slack lime       | 1½ t. mustard seed          |
| 2½ qts. white vinegar | 1 small box pickling spice, |
| 5 lb. sugar           | tied in a bag               |
| 1½ t. whole cloves    |                             |

Slice cucumbers ¼ inch thick. Add cold water and lime. Let stand 24 hours. Stir often. Rinse 3 times. Let stand in cold water 3 hours. Drain 1 hour. Let sugar dissolve in vinegar. Do not heat. After sugar has dissolved, put cucumbers in with all spices and let stand 24 hours. Then simmer 1½ or 2 hours. Seal hot.

- Juanita Dickson

## HOT PEPPER JELLY

|  |
|--|
| ¼ c. chopped or ground red<br>or green hot peppers |
| 1½ c. ground sweet peppers                         |
| 6½ c. sugar  |
| 1½ c. vinegar                                      |
| 1 bottle Certo                                     |

Grind peppers on fine blade of food grinder. Drain. Mix pepper, sugar, and vinegar. Bring to a boil. Boil for 3 minutes. Add Certo and boil for 1 minute longer. Remove from heat. Let set for about 5 minutes. Put into jars (hot), and seal.

- Jacil Daniel

## RAW RELISH

|                 |                       |
|-----------------|-----------------------|
| 2 heads cabbage | 2 pints white vinegar |
| 8 onions        | 4-5 c. sugar          |
| 12 carrots      | 1 t. celery seed      |
| 8 peppers       | 1 t. mustard seed     |
| ½ c. salt       |                       |

Grind first four ingredients. Sprinkle salt evenly over these and stir well. Let stand 2 hours. Squeeze dry with your hands. Combine other ingredients - mix well. Pour over first mixture and let stand one night. Can. Do not heat any part of mixture.

- Mable Ross

## SWEET DILL PICKLES

|                            |                |
|----------------------------|----------------|
| peck of 5 inch cucumbers   | 5 c. water     |
| 2½ c. cider vinegar        | sprigs of dill |
| ½ c. (scant) pickling salt | garlic         |
| 1½ c. sugar                | pinch of alum  |

Wash cucumbers, cut lengthwise into quarters. Place sprig of dill and ½ bud of garlic in bottom of sterilized jar. Pack in cucumbers then place another sprig of dill and another ½ bud of garlic on top. Add a tiny pinch of alum. Fill jar with boiling syrup made from vinegar, salt, sugar, and water. Seal. Let stand 2 weeks.

- Juanita Dickson

## GREEN TOMATO RELISH

|                        |                            |
|------------------------|----------------------------|
| 19 med. green tomatoes | 4 apples                   |
| 10 med. onions         | 4 cups apple cider vinegar |
| ½ cup salt             | 4 cups sugar               |
| 3 green peppers        |                            |

Chop tomatoes and onions. Sprinkle ½ cup salt over this and let stand overnight. Drain well. (Squeeze out excess liquid.) Chop three peppers and 4 apples and mix with first mixture. Then add 4 cups sugar and 4 cups vinegar. Boil 20 minutes. Seal.

- Juanita Dickson

## LIME PICKLES

|                             |                   |
|-----------------------------|-------------------|
| 7 lbs. or 1 gal. cucumbers, | 2 qt. vinegar     |
| sliced across ½ in. thick   | 8-9 c. sugar      |
| 2 c. slack lime             | 2 T. salt         |
| 2 gal. water                | 2 T. mixed spices |

Soak cukes in lime and water 24 hours. Stir often. Rinse in 4 waters. Soak in cold water 3 hours. Mix vinegar, sugar, salt, spices. Put cukes in this and let stand, for 2 hours. Simmer on stove 35 minutes. Can and seal.

- Lucy Weaver

## PEPPER JELLY

|  |
|--|
| 2 cups prepared peppers (washed, seeded, chopped fine and drained) |
| 1½ c. apple cider vinegar  |
| 7 c. sugar   |
| Certo, Sure-Jell, or similar product                               |

Prepare peppers. Add vinegar and sugar to peppers. Cook over high heat 2 min. stirring constantly. Stir in Certo, skimming with metal spoon. Stir and skim 5-10 min. Ladle into sterilized jars. Add food coloring if desired. Delicious with meats, beans, or cheese. Makes about 12 small jelly glasses or jars.

- Dorothy Reeves

# PRESERVES, PICKLES, RELISHES

## 24 HOUR PICKLES (Crisp!)

|                          |                                |
|--------------------------|--------------------------------|
| 1 gal. cucumbers, sliced | 1½ qts. vinegar                |
| 1½ T. powdered lime      | 1 pt. water                    |
| from drug store, or      | 7 c. sugar                     |
| 1 c. slack lime to       | 2 T. pickling spice and        |
| 1 gal. water             | 2 T. celery seed, put in small |
| 3 T. alum                | thin bag                       |

Soak cucumbers overnight in lime water. Pour off water, wash well. Soak 4 hours in salt water (1 c. salt to 1 gal. water.) Use plain salt, not iodized. Drain. Soak in clear water with the alum for 2 hours. Put this on stove (alum water and cucumbers) and bring to a rolling boil. Pour off liquid while still hot. In another pot, place vinegar, water, sugar and the bag of pickling spice and celery seed. Let this come to a boil and pour over the cucumbers. Let cook 30 minutes after they start to boil. Put in sterilized jars.

- Mrs. R. L. Sleamaker

## ICEBERG CUCUMBER PICKLES

|                               |                                |
|-------------------------------|--------------------------------|
| 7 lbs. cucumbers, watermelon  | 1 t. each whole cloves and     |
| or green tomatoes sliced thin | pickling spices, tied in cloth |
| 2 qts. vinegar                |                                |
| 4 lbs. sugar                  |                                |
| 3 t. salt                     |                                |

7 lbs sliced cucumbers, watermelon or green tomatoes. Soak 24 hrs in 2 c. lime to 2 gal. of water. Weight down and occasionally mix up lime water. Rinse well. Cover with clear water and soak 3 hrs. Changing water every hour. Drain, and cover with vinegar and spice sugar mixture. Allow to stand overnight. Next morning boil 35 min and pack in jars. Cover with juice. Makes 7-8 qts.

- Mrs. James Hicks

## RIPE TOMATO RELISH

|                           |               |
|---------------------------|---------------|
| 18 ripe tomatoes, chopped | 1 t. cloves   |
| 3 hot peppers             | 1 T. cinnamon |
| 3 onions, chopped         | 1 c. sugar    |
| 2 t. salt                 | 2½ c. vinegar |

Combine all ingredients. Cook 3 hrs. Pack in hot sterilized jars.

- Mrs. Tate Page

## CHOPPED KRAUT RELISH

1 can Kraut  
1 can chopped pimento  
1 c. chopped onion

Mix. Pour 1½ c. sugar over top and do not stir. Set 24 hours.

- Imogene Lovelace

# PRESERVES, PICKLES, RELISHES

## BREAD AND BUTTER PICKLES #1

|                       |                             |
|-----------------------|-----------------------------|
| 8 c. sliced cucumbers | 2½ c. sugar                 |
| 2 onions              | 1 t. tumeric                |
| 2 c. vinegar          | Use green pepper if desired |
| 2 T. pickling spice   |                             |

Slice cucumbers and soak in salt water overnight. Rinse in cold water. Place in saucepan with vinegar, sugar, sliced onions, tumeric, and spices. Let come to a boil. Put in sterilized jars and seal.

- Juanita Dickson

## BREAD AND BUTTER PICKLES #2

|                             |                      |
|-----------------------------|----------------------|
| 25-30 medium size cucumbers | 5 c. sugar (2½ lbs.) |
| 8 large onions              | 2 T. mustard seed    |
| ½ c. salt                   | 1 t. tumeric         |
| 5 c. vinegar                | ½ t. cloves          |

Wash cucumbers and slice as thin as possible. Slice onions. Combine with cucumbers, salt, and let stand 3 hours and drain. Combine vinegar, sugar, and spices in large pan and bring to boil. Add drained cucumbers, heat thoroughly, but do not boil. Pack while hot into jars and seal.

- Carol Kem

## DILL PICKLES

|                             |                    |
|-----------------------------|--------------------|
| 2-3/4 to 3 lbs. cucumbers   | 3½ c. water        |
| 12 clean fresh grape leaves | ½ c. cider vinegar |
| 4 stalks fresh dill         | ½ c. salt          |
| 3 t. pickling spice         |                    |

Place a layer of grape leaves and dill in the bottom of each of two sterilized 1-qt. jars. Add one third of the pickling spices and one third of the cucumbers, fitting them into the jar as tightly as possible. Repeat layers until the jars are filled. Heat water, vinegar, and salt in an enameled pan to boiling. Pour over pickles until covered. Top with layer of dill and grape leaves. Screw tops on loosely. Tighten in two weeks.

- Dorine Geeslin

## CHILI SAUCE

|                               |                               |
|-------------------------------|-------------------------------|
| 18 large ripe tomatoes        | 1 t. each cinnamon and nutmeg |
| 6 large onions, chopped       | 1½ c. vinegar                 |
| 2 t. salt                     | 4 c. sugar                    |
| ½ t. each cloves and allspice |                               |

Mix all ingredients; boil 3 hours. Bottle while hot; seal.

- Lurene Gibson





Pies

# PASTRY TIPS

Pies are, by all odds, the favorite American dessert. And anyone who can make a tender, flaky pie crust really has something to boast about.

Pie crust can be used as the base for a main dish--such as meat pie or turnovers, or for a dessert pie. The right proportion of shortening and flour is important in making good tender pastry. Use at least 1/3 cup of shortening for each cup of sifted flour. Measure ingredients, don't guess, when you want a good pie.

| IF THIS HAPPENS<br>WITH A TESTED<br>RECIPE | IT MAY BE<br>CAUSED BY THIS   | TRY THIS   |
|--|---|--|
| DRY DOUGH HARD<br>TO WORK WITH             | <ol style="list-style-type: none"> <li>1. Incomplete mixing</li> <li>2. Not enough water</li> </ol>   | <p>Don't worry about over mixing. Final mixing or shaping of dough may be done with hands. Use level measures of water.</p>  |
| TOUGH PASTRY                               | <ol style="list-style-type: none"> <li>1. Not enough shortening or too much flour</li> </ol>  | <p>Use at least 1/3 cup shortening for each cup of sifted all-purpose flour. Use very little flour on board for rolling.</p>   |
| SHRINKING OR<br>BUCKLING OF PASTRY         | <ol style="list-style-type: none"> <li>1. Pastry stretched during into pie pan</li> <li>2. Pastry shell not adequately pricked on sides and bottom before baking</li> </ol> | <p>Use large enough recipe to fit pie pan without stretching. Don't stretch dough when fitting to pie plate. Prick pastry generously over bottom and sides of pie plate.</p> |



# PIES

## PIE CRUST

Preheat oven to 425°. Sift then measure:  
 1½ c. all purpose flour  
 Resift it into a bowl with ½ t. salt  
 Work in ½ c. shortening. Stir in  
 one at a time 3 T. water. Bake 12-15 min.

- Mrs. R. L. Sleamaker

## APPLE PIE

|                     |                      |
|---------------------|----------------------|
| 1 c. sugar          | ½ c. orange juice    |
| 2 T. flour          | 3 T. white syrup     |
| ½ t. nutmeg, grated | 1/3 c. melted butter |

Mix all the above ingredients together. Winesap apples cut into thin slices (enough to fill a pie pan.) Add to the above and thoroughly mix together. Butter a pie-pan heavily before putting in the pastry. Then fill with the apple mixture and make strips for the top. Preheat oven to 250°, bake for 35 or 40 minutes.

- Cabbage Patch, Ky. recipe

## BROWN PAPER BAG APPLE PIE

|  |                              |
|--|------------------------------|
| 3 or 4 large apples,<br>peeled and quartered | ½ c. plus 2 T. flour, sifted |
| 1 c. sugar                                   | 2 T. lemon juice             |
| ½ t. nutmeg                                  | ½ c. butter                  |
|  | 1 unbaked 9" pie shell       |

Cut each apple, quarter in half crosswise. Combine sugar-nutmeg and flour, put in bag with apples and shake. Place apples in crust - dot with butter and pour over lemon juice. Place in paper bag, fastening securely with paper clips. Bake in 425° preheated oven 1 hour. Cut holes in sack to allow steam to escape before removing from sack.

- Mable Ross

## CARIBBEAN FUDGE PIE

|  |                            |
|--|----------------------------|
| ½ c. butter  | 2 t. instant coffee powder |
| ¾ c. brown sugar, packed                             | 1 t. vanilla extract       |
| 3 eggs   | 1/4 c. all purpose flour   |
| 1 12 oz. pkg. semi-sweet<br>chocolate pieces, melted | 1 9" unbaked pie shell     |
|  | ½ c. Diamond Walnut Halves |

Cream butter with sugar; beat in eggs, one at a time. Add melted chocolate, instant coffee and vanilla extract. Stir in flour and broken walnuts and pour into pie shell. Top with remaining ½ cup walnut halves. Bake at 375° for 25 min. Cool. Top with whipped cream, if desired.

- Lurene Gibson

# PIES

## CHERRY COBLER

|                            |                     |
|----------------------------|---------------------|
| 1 can unsweetened cherries | 1 c. sugar          |
| 2/3 c. sugar               | 1 c. plain flour    |
| 1/2 c. butter (1 stick)    | 1/2 c. milk         |
| pinch salt                 | 1½ t. baking powder |

Heat cherries and 2/3 c. sugar. Melt butter in pyrex dish. Mix dry ingredients for batter, then add milk. Add batter to butter in dish. Then add cherries. Bake at 350° for 20 minutes.

- Sue Hudnall

## CHEESE PIE

|                     |                  |
|---------------------|------------------|
| 2 eggs              | Topping:         |
| 12 oz. cream cheese | ½ pt. sour cream |
| ½ c. sugar          | 2 T. sugar       |
| 1 t. vanilla        |                  |

Pie: Mix all ingredients until smooth and pour into 9" graham cracker crust. Bake 20 min. at 375°.

Topping: Mix all ingredients - spread on pie - return to oven for 3 minutes at 450°.

- June Webb

## CHESS PIE #1

|                                    |                    |
|------------------------------------|--------------------|
| 2 eggs                             | 1/4 c. milk        |
| 1 c. white sugar                   | 1/4 c. melted oleo |
| ½ c. lt. brown sugar               | 1/2 t. vanilla     |
| 1 t. (each) corn meal<br>and flour | 1/2 t. vinegar     |

Beat whole eggs and sugar together lightly. Add other ingredients and pour into unbaked crust and bake at 325° for about 45 minutes.

- Mrs. James Hicks

## CHESS PIE #2

|               |             |
|---------------|-------------|
| 1/2 c. butter | 1½ c. sugar |
| ¾ c. cream    | 3 egg yolks |
| 1 t. vanilla  |             |

Cream together butter and sugar. Add cream and beaten egg yolks. Add vanilla. Turn into unbaked pie shell. Bake at 450° degrees for 10 minutes. Then bake at 325° for 30 minutes.

- Mrs. Gavin G. Craig, Jr.

## PIES

### CREAMY PEACH PIE

1 6-oz. can Pet Milk  
1 1/4 c. graham cracker crumbs  
1/3 c. melted butter  
1 #2 1/2 can peach slices  
1 1/2 t. plain gelatin  
1 3-oz. pkg. cream cheese  
1/4 c. sugar  
2 T. lemon juice

Chill milk until ice cold. Blend crumbs and butter and pack firmly in bottom and sides of 9" pan. Chill. Drain peaches, saving syrup. Set aside a few slices for the top and dice the remainder. Soften gelatin in 1/4 c. peach syrup, then melt over hot water. Remove from heat and blend in softened cheese and sugar. Whip chilled milk in chilled bowl until light and fluffy. Add lemon juice and whip until stiff. Beat in cheese mixture, 1/4 at a time. Fold in drained, diced peaches. Turn into chilled crust and top with peach slices. Chill 3 hours or longer.

- Mrs. Gavin G. Craig, Jr.

### PEACH OR CHERRY COBBLER

1 stick butter  
1 cup sugar  
3/4 c. milk  
1 c. flour  
2 t. baking powder  
1 large can sliced peaches  
or cherries  
1/2 c. sugar  
1/2 c. water or peach juice

Preheat oven to 350°. Melt butter in pyrex dish. Mix flour, baking powder, sugar, milk and pour into butter. Place peaches on top of mixture. Sprinkle the 1/2 c. sugar over peaches. Pour the 1/2 c. water or peach juice over peaches. Bake for 50 minutes.

- Patti Law

### FRESH PEACH PIE

1 stick butter  
1 c. sugar  
1/4 c. flour  
1 t. vanilla  
1 egg

Combine the above ingredients after making unbaked pie shell. Peel and slice three peaches. Place on pie shell. Then beat together the above ingredients. Spoon dabs over the peaches. Bake at 300° for 1 hour.

- Cathryn Wroe

### PECAN PIE #1

3 beaten eggs  
1 c. light brown sugar  
1 c. light corn syrup  
1 c. pecan halves  
1 t. vanilla

Beat eggs and sugar until thick; add corn syrup, pecans and vanilla and pour into pastry shell and bake 375° for 1 hour.

- Mrs. R. L. Sleamaker

## PIES

### PECAN PIE #2

1 c. sugar  
1 c. Karo Syrup  
3 eggs  
1/2 stick oleo (melted)  
1 t. vanilla  
1 cup pecans

Mix and pour into unbaked pie shell. Bake in 450° oven for 15 minutes or until crust begins to brown, lower heat to 350° for 30 minutes or until filling is thickened.

- Mrs. Sallie Hammers  
Franklin, Ky.

### PECAN PIE #3

3 eggs, well beaten  
1 c. sugar  
1/2 c. butter melted  
1/2 c. corn syrup  
1 c. pecans  
1 unbaked 9" pie shell

Combine first 5 ingredients in order given. Pour into unbaked pie shell. Bake in hot 400° oven for 10 minutes. Reduce heat to 350° and bake 30-35 minutes or until filling is set.

- Mary Dillingham

### PECAN PIE #4

1 c. sugar (brown or white)  
1 c. Karo (dark or white)  
1/2 c. melted butter  
1 c. nuts  
3 whole eggs  
1 t. vanilla  
1/2 t. salt

Mix all ingredients well. Pour into unbaked pie shell. Bake 40 to 50 minutes in 300° F. oven. If pie browns too much before baking, time is up. Cover with foil.

- Marie Hayes

### PINEAPPLE FLUFF

1 1/2 c. graham cracker crumbs  
1/4 c. melted butter  
1/4 t. cinnamon  
1 #2 can crushed pineapple  
1 pkg. lemon jello  
4 slightly beaten egg yolks  
4 egg whites  
1/2 t. salt  
1/2 c. sugar

Pack graham cracker crumbs, butter, and cinnamon in pan. Cook pineapple, jello, and yolks until slightly thick. Then chill until partly set. Beat whites, salt, sugar until peaked. Fold into pineapple mixture. Pour over crust. Chill.

- Darlene Warren



## PIES

### COLONIAL CRESS PIE

1 c. sugar  
1 c. light brown sugar  
1/4 c. sifted flour  
1/2 t. salt  
4 eggs  
1/2 c. butter  
1/2 c. milk  
2 t. vanilla (1 t. for meringue)

Heat sugar, brown sugar, milk, flour and butter to dissolve. Cool. Beat 3 egg yolks and 1 whole egg well. Add 1 t. vanilla and salt. Mix well with the cooled mixture. Pour in unbaked pie shell. Bake 35 to 40 minutes at 350°. Then lower to 250° to finish. Beat 3 egg whites. Add meringue and brown.

- Virginia Mutchler

### CHOCOLATE ALMOND PIE

10 oz. Almond Chocolate Bar  
6 T. hot water  
1/2 pt. cream (whipped)  
Graham Cracker Crust  
Sweet Chocolate

Melt chocolate in water. Be sure chocolate is cool and then fold it in the whipped cream. Shave sweet chocolate on top. Makes one big pie.

- Mrs. Gavin G. Craig, Jr.

### CHOCOLATE CRUNCH

4 slightly beaten eggs  
1 c. brown sugar  
1 c. dark corn syrup  
2 T. butter, melted  
1 t. vanilla  
1 c. peanuts  
1/2 c. semi-sweet chocolate pieces  
1 9" unbaked pastry shell

Combine eggs, sugar, syrup, butter and vanilla. Add peanuts and chocolate pieces. Pour into pastry shell. Bake in 350° oven for 45 minutes.

- Mickey Jones

### CHOCOLATE PIE FILLING

1 c. sugar  
2 heaping T. cocoa  
2 heaping T. flour  
2 heaping T. margarine  
2 eggs  
1 c. milk  
1 t. vanilla

Combine in a heavy saucepan the first 4 ingredients over very low heat. Blend well. Mix the egg yolks and milk in a separate container, then gradually add to first mixture. Turn to medium heat, stir constantly till thick. Add vanilla. Let cool before putting in crust.

- Mrs. R. L. Sleamaker

## PIES

### ICE CREAM PIE

1 frozen unbaked pie shell  
1 pint strawberry ice cream  
1 banana  
Handful chopped walnuts  
3/4 to 1 cup cool whip (or other dessert topping)  
Maraschino cherries (optional)

Thaw, prick and bake pie shell by package directions. Cool. Allow ice cream to melt until easily stirred but not runny. Slice banana and dip in lemon juice. Drain on paper towel. Place sliced bananas in cooled pie shell. Add ice cream. Spread cool whip as topping. Sprinkle with walnuts and cherries. Store in freezer. Remove about 15 minutes before serving time.

- Mary Dillingham

### FROZEN LIME ICEBOX PIE

Graham Cracker Crust  
2 eggs separated  
1 can condensed milk  
1/2 c. lime juice or  
1 (6 oz.) can frozen limeade  
1/2 t. vanilla  
1/4 c. sugar  
Green food coloring

Press crumb mixture on bottom and sides of lightly greased refrigerator tray or shallow pan. Chill. Reserve a few crumbs to sprinkle on top. Beat egg yolks until thick. Combine with condensed milk. Add lime juice or limeade and vanilla; stir until thick. Tint pale green. Beat egg whites into soft peaks. Gradually add sugar. Beat until stiff, not dry. Fold into milk lime mixture. Pour into tray. Border with reserve crumbs. Decorate with slices of lime rind. Freeze until firm. 4 - 6 hours.

- Mrs. Gavin G. Craig, Jr.

### OSGOOD PIE

4 egg yolks  
2 c. sugar  
1 c. raisins  
1 c. chopped nuts  
3 T. vinegar  
1/4 c. malted butter  
1 t. cinnamon  
1 t. cloves  
4 egg whites

Beat egg yolks and add sugar. Continue beating until well blended. Add remaining ingredients except egg whites. When mixture is well mixed, fold in well-beaten egg whites. Bake in unbaked crust until firm. Bake at 325° for approximately 40 or 50 minutes. Serve cold with or without whipped cream.

- Lurene Gibson

## PIES

### CHOCOLATE MINT PIE

Crust: 1-1/3 c. graham cracker crumbs  
1/3 c. melted butter  
Press into pie pan and bake 10 min. 350°  
Filling: Cream 1/2 c. butter. Gradually add 1 1/2 c. confectioners sugar. Cream well and add 2 eggs one at a time, beating well. Add 2 squares melted unsweetened chocolate and 4 or 5 drops oil of peppermint. Beat 10 minutes. Pour in crust and refrigerate 5 hours or more. Top with whipped cream before serving.

- Betty Brizendine

### CREAM CHEESE PASTRY

3 oz. cream cheese  
1/2 c. butter  
1 c. flour

Combine all to make a smooth dough. Chill. When ready to use, roll into desired shapes for appetizers, tarts, or one crust pies.

- Lurene Gibson

### CRUSTY COCONUT PIE

a 9" pie shell, unbaked 1 c. sugar  
1/2 c. milk 3 eggs, beaten  
1 1/4 c. coconut 1 t. vanilla  
1/2 c. butter or margarine, soft

Pour milk over the coconut and set aside while creaming butter or margarine and sugar. Add eggs and beat mixture well. Then add milk, coconut and flavoring. Blend well. Pour into the unbaked pie shell. Bake 50 minutes at 350 degrees.

- Mary Crisp

### COOL WHIP PIE

1 can Eagle Brand Cond. Milk Add:  
1/2 cup lemon juice 1 can Angel Flake Coconut  
1 (#2) can crushed pineapple  
(drained)  
1 c. pecans, chopped  
Fold in 1 large cool whip

Makes 2 8-inch pies. Put into Graham Cracker Crust.

- Ann Parham

## PIES

### FROZEN LEMON PIE

2 eggs 1 c. whipping cream  
1/2 c. sugar 1 c. crushed graham crackers  
3 T. lemon juice

Beat egg yolks. Add sugar. Put in top of double boiler and cook 10 min., beating constantly. Remove from heat and add lemon juice. Beat egg whites and fold into first mixture. Whip cream and fold the egg mixture into it. Line a refrigerator tray with wax paper and sprinkle 1/2 cup crumbs in bottom. Fold in the pie and sprinkle remainder of crumbs on top. Freeze for 3 hours.

- Lurene Gibson

### LEMON CHESS PIE

4 eggs Juice of 2 lemons  
2 c. sugar 1 T. lemon extract  
1 T. flour 1/8 lb. butter or oleo

Beat whole eggs well. Add sugar, flour, lemon juice and melted butter. Mix thoroughly and pour into unbaked pie shell. Place in preheated oven (425 degrees). Turn heat down to 275° as pie is put into oven.

- Martha Parham,  
Greenville, Ky.

### LEMON ICE BOX PIE

4 eggs  
1 can Eagle Brand milk  
Juice from 4 lemons

Separate eggs. Save whites for meringue. Beat yolks and add to milk. When mixed thoroughly add lemon juice. Pour into graham cracker crust, top with meringue and bake in 350° F. oven until golden brown. Refrigerate for at least 2 hours before serving.

- Mrs. Sallie Hammers,  
Franklin, Ky.

### LIME PIE

4 egg yolks  
3 oz. lime juice  
1 can condensed milk

Combine egg yolks, lime juice and milk. Pour into baked pie crust and add meringue top. Bake until meringue is brown.

- Evelyn Anthony



## PIES

## PANN ANN (FUDGE PIE)

|             |                |
|-------------|----------------|
| 8 T. cocos  | 1 c. flour     |
| 2 c. sugar  | 4 eggs         |
| 1 c. butter | 1 t. vanilla   |
| 1 c. pecans | ½ c. hot water |

Mix cocoa, sugar, melted butter, flour and pecans. Mix with warm water to make a soft batter. Bake 5 to 10 minutes. Serve warm with ice cream. This can be made up in advance except for water which should be added just before cooking.

- Mrs. Gavin G. Craig, Jr.

## FUDGE PIE

|       |                     |
|-------|---------------------|
| Melt: | 1 stick butter      |
|       | 1 c. sugar          |
|       | 2 squares chocolate |
| Add:  | 1 beaten egg        |
|       | ½ c. flour          |
|       | 1 pinch salt        |
|       | 1 t. vanilla        |

Pour in pie pan and bake for 25 min. at 350°. Serve with whipped cream.

- Lurene Gibson

GRASSHOPPER PIE  
(No Insects Required)Crust

Crush with rolling pin and press through sieve enough chocolate wafers to make 1½ cups chocolate crumbs.

Mix and add: ¼ c. sugar  
                  ¼ c. melted butter

Line heavily 9" pie pan and bake about 5 min. in 450° degree oven (burns easily)

Filling: Dissolve over hot water: 1½ t. gelatin and 1/3 c. heavy cream.

Beat: ¼ c. sugar and 4 egg yolks.

Add: ¼ c. Creme de Cocoa and ¼ c. green Cream de Menthe

Stir: Gelatin and egg mixture together and chill till slightly thickened.

Fold In: 1 cup cream whipped

Fill piecrust and chill till thickened. Sprinkle pie with crushed mint-flavored chocolate.

- Naomi Rooney  
Portland, Oregon

## PIES

## PINEAPPLE PIE #1

A 9" pie shell, unbaked  
A cup sugar  
2 T. flour  
2 eggs, beaten  
4 T. melted butter  
Dash salt  
2 c. crushed pineapple

Blend sugar and flour. Add beaten eggs, melted butter, salt and pineapple. Stir until well blended. Pour into unbaked pie shell and bake 15 minutes at 375 degrees. Reduce heat to 350 degrees and continue baking for 35 minutes longer. Top with whipped cream if desired.

- Helen Keriokes

## PINEAPPLE PIE #2

|            |                               |
|------------|-------------------------------|
| 3 eggs     | 1 small can crushed pineapple |
| 1 c. sugar | 2 T. flour                    |
| ½ c. milk  | ¼ c. butter                   |

Combine all ingredients besides the egg white. Cook until thick - let cool. Pour into a graham cracker crust or a baked pie shell. Beat egg whites, add sugar (approximately 2 T.) Bake at 350° for 15-20 minutes.

- Sue Hudnall

## PUMPKIN CHIFFON

|                              |                      |
|------------------------------|----------------------|
| Prepare a 9" baked pie shell | 1½ c. canned pumpkin |
| 1 T. gelatin                 | ½ c. milk            |
| ¼ c. cold water              | 3 egg whites         |
| 3 egg yolks                  | ½ c. sugar           |
| ½ c. sugar                   | ½ t. salt            |
| whipping cream               | ½ t. cinnamon        |
|                              | ½ t. nutmeg          |

Soak gelatin in water. Beat egg yolks slightly. Add sugar, pumpkin, milk and spices and cook over hot water until they are thick. Stir in the soaked gelatin until dissolved. Cool these ingredients. Whip until stiff three egg whites. When pumpkin mixture begins to set, stir in ½ c. sugar. Fold in egg whites. Fill the pie shell. Chill several hours. Garnish with whipped cream.

- Mrs. Tate Page

## PIES

### PUMPKIN PIE

|                         |                           |
|-------------------------|---------------------------|
| 1 c. sugar              | $\frac{1}{2}$ t. cloves   |
| $\frac{1}{4}$ c. butter | $\frac{1}{2}$ t. cinnamon |
| 1 c. pumpkin            | 1 c. cream                |
| $\frac{1}{4}$ t. nutmeg | 4 egg yolks               |

Cream butter and sugar. Add pumpkin, then spices. Beat egg yolks until light. Add to above. Add cream. Last add 3 T. whiskey. Put in unbaked pie shell and bake 425° for 15 min. Then 350° for 30 minutes.

- Lurene Gibson

### SPICY RAISIN PIE

|  |                                  |
|--|----------------------------------|
| $\frac{3}{4}$ c. packed brown sugar            | 2 eggs, separated                |
| 1 T. cornstarch                                | 1 c. dairy sour cream            |
| $\frac{1}{2}$ t. salt                          | 1 c. raisins                     |
| 1 t. cinnamon                                  | $1\frac{1}{2}$ t. lemon juice    |
| $\frac{1}{4}$ t. each ground cloves and nutmeg | $\frac{1}{2}$ c. chopped walnuts |
|  | Baked 8" pie shell               |
|  | $\frac{1}{2}$ c. gran. sugar     |

In top part of double boiler, mix first three ingredients and spices. Stir in egg yolks and next three ingredients. Cook, stirring, over simmering water 10 minutes or until very thick. Add nuts and pour into shell. Beat egg whites until foamy. Gradually add granulated sugar and beat until stiff. Spread on hot filling, covering edges well. Bake in hot oven 400° for 5 minutes, or until golden brown. Cool.

- Lurene Gibson

### MAGIC LEMON PIE

1 9" crumb crust  
1 can Eagle Brand Milk  
 $\frac{1}{2}$  c. lemon juice  
1 t. grated lemon rind  
3 egg yolks

In medium-size bowl, combine Eagle Brand Sweetened Condensed Milk, lemon juice, grated lemon rind, and egg yolks. Blend ingredients until thickened. Pour into pie shell.

Meringue:

3 egg whites,  $\frac{1}{4}$  t. cream of tartar, 6 T. sugar

In small bowl, beat whites with tartar until soft peaks form. Gradually beat in sugar. Continue beating until stiff peaks form. Spread over filling and seal to pie shell. Bake at 325° for 12 to 15 minutes until top is golden brown.

- Juanita Dickson

## PIES

### STRAWBERRY PIE

|                         |                                 |
|-------------------------|---------------------------------|
| $1\frac{1}{4}$ c. sugar | Whipped cream                   |
| 1 c. water              | $\frac{1}{2}$ c. mashed berries |
| 3 T. cornstarch         | 1 baked pie crust               |
| 3 T. lemon juice        | Red coloring                    |
| pinch salt              | 1 qt. capped strawberries       |

Mix the sugar, cornstarch, lemon juice, salt, water, coloring and mashed berries. Cook slowly until thick and clear. Arrange layers of strawberries and cooked mixture alternately in pie shell. Top with whipped cream and chill.

- Lurene Gibson

### TAFFY PIE

|                    |                                    |
|--------------------|------------------------------------|
| 2 eggs             | $1\frac{1}{2}$ c. dark brown sugar |
| 2 t. water         | 1 c. pecans                        |
| 1 T. melted butter | 1 8" piecrust, or crumb crust      |
| 2 t. vanilla       |                                    |

Place first five ingredients in blender container. Blend a few seconds to mix well. Add pecans and chop them. Pour into piecrust. Bake at 350° for 30 minutes or until firm.

- Dorine Geeslin

### VINEGAR PIE

|                       |                     |
|-----------------------|---------------------|
| 1 c. sugar            | 3 T. flour          |
| 2 eggs                | 4 T. vinegar        |
| $\frac{1}{8}$ t. salt | Sprinkle cinnamon   |
| 2 T. oleo             | 1 unbaked pie shell |
| 1 c. cold water       |                     |

Mix sugar and salt with softened oleo. Add eggs and blend well. Make a smooth paste of the flour and a little of the water. Add to sugar mixture with vinegar and remaining water. Pour filling into pie shell and sprinkle lightly with cinnamon. Bake at 425° until edge of crust is golden brown, then reduce heat to 350°. Bake until silver knife blade inserted in filling comes out clean.

- Mrs. J. W. Williams

### STRAWBERRY PIE

1 c. sugar  
3 T. cornstarch  
7 oz. 7-up  
red food coloring, if desired

Combine ingredients. Cook until thick as pudding. Add 1 quart hulled and cleaned strawberries while mixture is hot. Stir gently and pour into baked pie shell. Top with whipped cream.

- Jeanne Rich



## PIES

### COCONUT PIE

1p c. sugar                      3 whole eggs  
1 stick melted butter        3/4 c. buttermilk  
1 t. vanilla                    1 can flake coconut  
1 unbaked pie shell

Mix all ingredients and pour in an unbaked pie shell. Bake at 350° for 1 hour.

- Romanza O. Johnson

### FROZEN VANILLA PARFAIT PIE

1/2 c. sugar                      1 c. heavy cream  
1/2 x. water                    1 t. pure vanilla extract  
1/16 t. salt                    chocolate cooky crumb crust  
2 large egg whites

Boil sugar and water together until it spins a thread. Add salt to egg whites and beat until stiff. Gradually beat the sugar syrup into beaten egg whites. Whip cream until almost stiff. Add pure vanilla extract and beat till stiff. Fold into egg white mixture. Turn into a chocolate crust. Freeze until firm and ready to serve.

- Romanza O. Johnson

### RUM CREAM PIE

Make a crumb pie shell in a glass serving dish. Beat 6 egg yolks until light. Add 1 scant c. sugar. Soak 1 envelope gelatin in 1/2 c. cold water. Put gelatin and water over a low flame, bring to a boil and pour it over the sugar-egg mixture, stirring briskly. Whip 1 pint cream until stiff, fold it into the egg mixture and flavor with 1/2 c. dark rum (Jamaica). Cool until the mixture begins to set and pour it into the pie shell. Chill until firm. Sprinkle the top of the pie generously with shaved bitter-sweet chocolate curls (garnish with whipped cream if desired) and serve cold.  
Cream Pie Shell: Crumb a 6 oz. pkg. of Zwieback blend 2 T. sugar, 1/2 t. cinnamon, 1/2 c. soft butter with the Zwieback. Mix well. Press mixture into 10 inch glass serving dish.

- Campbell's Tavern



*Salads*

# MAKE THE RIGHT CHOICE BECAUSE . . .

salads are always in good taste. Without them, many meals would be incomplete. Salads offer variety, food values and often that bit of color needed to perk up an otherwise drab menu.

The uses of salads are almost as varied as the kinds of salads from which to choose. Most frequently, salads are served in medium size portions as accompaniments to meals and are light rather than heavy. Small bits of tart fruit or seafood arranged on a bed of greens are appetite teasers and are often used as the first course of a meal.

Hearty salads - those that contain meat, poultry or seafood with fresh raw or cooked vegetables - are a meal in themselves and are used as main dishes. Cheese and eggs also make good bases for tasty main dishes.

Sweet salads are sometimes served as desserts and are used for special occasions.

A good rule of thumb to remember when choosing a salad is that light rather than heavy, rich salads go better with hearty meals. Tart salads are especially good with seafoods. Hot or hearty salads make good main dishes and fruit salads may be used as appetizers, desserts or meat accompaniments.

## SECRETS OF A SUCCESSFUL SALAD MAKER

Choose pleasing combinations of ingredients with contrasts in color, texture, form and flavor. Experiment with color, but use only foods with pleasing color combinations that do not clash.

Experiment with soft and firm food textures. Try fruits and vegetables mixed for a different and delightful taste treat.

Prepare ingredients carefully. Use only clean chilled, crisp greens. When using fruits, drain thoroughly on absorbent paper. Drain vegetables in a sieve.

Cut or tear foods into pieces that are large enough to tell what they are, yet small enough to handle easily. Avoid cutting salad greens. Cutting tends to make them wilt faster.

Keep hot salads hot, not lukewarm, and cold salads icy cold.

Use the correct dressing. Don't drown salads. Too much dressing will make salads limp, soggy and unattractive. A small amount of dressing adds just the right flavor. Add dressings at the last possible moment. If salads stand in their dressings too long, they tend to lose their crispness and are unattractive.

Prepare salads just before serving for a fresh, crisp look and taste. Serve on chilled plates.

Toss salads lightly to prevent bruising and discoloration. Don't over-mix.

Arrange salads attractively, but avoid a fixed, rigid look.

Make sure the greens don't extend over the edge of the plate.

Never crowd a large salad on a too-small plate.

Garnish salads attractively, but don't use too much garnish.

Serve salads daily, but aim for variety.

## SALADS

### APRICOT SALAD

- 2 pkgs. Apricot Jello (Buy at A and P Store)
- 1 c. crushed pineapple, drained
- 1 c. miniature marshmallows
- 2 bananas sliced
- $\frac{1}{2}$  c. pecans

Dissolve Jello - using 1 c. water for each pkgs. Let cool. Add fruit and pour into pan. Suddenly sprinkle nuts on top of Jello and let set. After Jello sets, make the mixture below and pour over top:

$\frac{1}{2}$  c. pineapple juice or add water to make  $\frac{1}{2}$  c.

$\frac{1}{2}$  c. sugar

1 egg

Beat egg. Add juice and sugar. Cook until thick. (Won't be very thick.) To this add 1 large Philadelphia Cream Cheese. Cream cheese is 8 oz. Beat until smooth. Put on top of Jello mixture. It can be used either as a salad this way or add Cool Whip and serve as dessert. Whipped Cream can be used instead of Cool Whip. This makes a large sheet cake pan full of salad.

- Mrs. Berdie Hill  
Greenville, Ky.

### LET STAND LETTUCE SALAD

- 1 c. mayonnaise
- 4 oz. cheddar or parmesan cheese, grated
- crumbled bacon
- lettuce
- $\frac{1}{2}$  c. green pepper
- $\frac{1}{2}$  c. onion
- 1 small can drained peas
- $\frac{1}{2}$  c. celery

Fill large salad bowl with lettuce cut and torn. Add over lettuce in layers; celery, green pepper, onion and peas. Sprinkle with salt and pepper if desired. Spread mayonnaise over entire surface. Sprinkle with the grated cheese and crumbled bacon bits. Let stand 4 to 24 hours. Lettuce remains crisp. Keep in refrigerator.

- Peggy Pollock

### MACARONI SALAD

- $\frac{1}{2}$  pkg. Elbow Macaroni (cooked and drained)
- 1 12-oz. can Spam, cut in strips
- 1 c. cheese - cubed
- $\frac{1}{2}$  c. pickle relish, drained
- $\frac{1}{2}$  c. mayonnaise
- 1 T. prepared mustard
- $\frac{1}{4}$  t. salt
- $\frac{1}{2}$  c. celery, bias cut
- $\frac{1}{3}$  c. green pepper, diced
- $\frac{1}{4}$  c. green onion, diced
- 2 T. pimento, chopped

Combine all ingredients. Mix well. Chill.

- Mable Ross



## SALADS

### CHRISTMAS SALAD #1

|  |   |
|--|---|
| 1 box each of lime, lemon,<br>cherry, orange and straw-<br>berry jello | 1 8-oz. Philadelphia cream cheese<br>1 can pears<br>1 can mandarin oranges<br>1 can chunk pineapple |
| 2 boxes lemon jello  |   |

Fix 5 colors of jello in shallow individual pans. Do not put quite as much water as is called for so jello will be firmer. Do this at night. In the morning, fix 2 bx. lemon jello and while hot, melt Philly cheese in it. When this begins to set, cut set jello into cubes and fold in. Then fold in fruit. Put in refrigerator to set completely. Serve on lettuce leaves.

- Ruby Daniel

### CHRISTMAS SALAD #2

|  |  |
|--|--|
| 1 #2 can crushed pineapple,<br>drained | $\frac{1}{2}$ c. chopped celery (optional) |
| 1 pkg. lemon jello                     | $\frac{2}{3}$ c. chopped walnuts           |
| 2 3-oz. pkg. cream cheese              | $\frac{1}{8}$ t. salt                      |
| $\frac{1}{2}$ c. chopped pimento       | $\frac{1}{2}$ pt. whipping cream           |

Drain pineapple, heat juice, and dissolve jello. Chop pimento, celery, nuts. Whip cream. Beat the softened cream cheese and add the jello to it. Add all other ingredients except whipped cream. Fold whipped cream in last. Pour into a greased pan, either 9" square or 7"x11".

- Dorine Geeslin

### BEAN SALAD #1

|                        |                                |
|------------------------|--------------------------------|
| 1 can kidney beans     | $\frac{1}{2}$ c. vinegar       |
| 1 can green beans      | $\frac{1}{2}$ c. vegetable oil |
| 1 can wax beans        | $\frac{1}{2}$ t. salt          |
| $\frac{1}{2}$ c. sugar | $\frac{1}{2}$ t. pepper        |

Drain and rinse beans. Add all other ingredients. Mix. Serve.

- Juanita Dickson

### BEAN SALAD #2

|                        |                                     |
|------------------------|-------------------------------------|
| 4 slices cheese        | 1 can red kidney beans or red beans |
| medium green pepper    | (drain off soup and discard)        |
| 2 medium ripe tomatoes | mayonnaise                          |
| 1 small onion          |                                     |

Dice cheese, pepper, tomatoes and onion. Combine with beans, and add a dash of salt and pepper with enough mayonnaise to mix well.

- Carol Kem

## SALADS

### CORN RELISH SALAD

2 1-lb. cans red kidney beans  
2 c. corn relish

Drain beans and combine with corn relish. Chill overnight to combine flavors before serving.

- Lurene Gibson

### CRANBERRY SALAD

|                                 |                                 |
|---------------------------------|---------------------------------|
| 1 pkg. cranberries              | 2 pkg. lemon jello              |
| 1 orange (juice and rind)       | 2 c. seedless white grapes      |
| 2 c. sugar                      | $\frac{1}{2}$ c. diced celery   |
| $1\frac{1}{2}$ c. boiling water | $\frac{1}{2}$ c. chopped pecans |

Grind berries and orange. Mix with sugar. Pour boiling water over jello. Stir until dissolved. Combine with berry mixture. When partly firm, add grapes, nuts and celery. Chill several hours before serving.

- Marie Hayes

### FRUIT SALAD DRESSING

|   |
|---|
| $\frac{1}{2}$ c. pineapple - juice or crushed |
| $\frac{1}{2}$ c. lemon juice                  |
| 2 eggs  |
| 1 cup whipping cream                          |
| $\frac{1}{2}$ c. sugar                        |

Beat eggs, add sugar and juice. Cook in double boiler, stirring constantly until thickened, then set aside to cool. Whip the cream and fold into mixture just before serving. Serve over fruit (diced) - pears, pineapple, peaches and bananas or other fruits of your choice.

- Lurene Gibson

### DINNER FRUIT SALAD

20 large marshmallows (cut up)  
A pint commercial sour cream  
A #2 $\frac{1}{2}$  can fruit cocktail (drained)  
 $\frac{1}{2}$  c. coconut  
2 or 3 bananas, sliced or diced

Combine marshmallows and sour cream. Let stand 3 or 4 hours at room temperature, stirring occasionally. Add drained fruit cocktail and the coconut. Just before serving, add the bananas.

- Helen Keriakes

## SALADS

### MAKE AHEAD FRESH FRUIT SALAD

Dressing:  
 1/2 c. sugar  
 2 T. cornstarch  
 3/4 c. water  
 juice of 1 lemon  
 juice and rind of 1 orange

About 2 quarts fresh fruit, straw-  
 berries, grapes, peaches, bananas,  
 pineapple, melon, watermelon,  
 Bing cherries, plums, etc. Any  
 combination in season.

Boil all dressing ingredients together until thickened. Pour hot over cut and prepared fruit. Let stand overnight or several hours in refrigerator. Good as salad or dessert.

- Peggy Pollock

### MOLDED APPLESAUCE SALAD

1 pkg. lemon gelatin  
 1/2 c. chopped nuts  
 2 c. applesauce (sweetened)  
 3/4 c. boiling water  
 1 c. chopped celery

Soften gelatin in boiling water. Add applesauce. Cool until mixture thickens. Stir in nuts and celery and pour into mold.

- Margaret Taylor

### MOLDED WINTER SALAD

1 pkg. raspberry jello  
 1 c. hot water  
 1/2 c. cold water  
 1 small orange

1/2 c. crushed pineapple  
 1 lb. can whole cranberry sauce  
 1/2 c. chopped nuts

Dissolve jello in hot water. Add cold water and chill until practically set. Peel orange and cut segments in half. Fold orange, pineapple, cranberry sauce and nuts into gelatin. Pour into ring mold.

- Mrs. R. L. Sleamaker

### ONION SALAD

2 pkg. lime jello  
 1 c. hot water  
 1 c. cottage cheese

1 c. mayonnaise  
 1 c. diced celery  
 1 t. diced onion

Mix water and jello and when partially set, whip until foamy and add remaining ingredients. Place in mold and chill.

- Lurene Gibson

## SALADS

### FROZEN FRUIT SALAD

1/2 pt. mayonnaise  
 1 small pkg. phil. cream  
 cheese  
 Cream together and add:  
 1 small can crushed pineapple  
 1 med. can fruit cocktail  
 1/2 of the juice  
 Few chopped pecans  
 1/2 small bottle maraschino cherries  
 (cut up)  
 About 10 colored marshmallows  
 (cut up)  
 1/2 pt. whipping cream, not whipped  
 Juice of 1 lemon

Stir together and freeze.

- Mrs. Sara D. Taylor

### STRAWBERRY SALAD

2 3-oz. strawberry jello  
 2 1/2 c. boiling water  
 Pkg. frozen strawberries  
 3 bananas, sliced  
 1/2 c. chopped pecans  
 1/2 pt. sour cream

Dissolve jello in boiling water. Add strawberries and stir until thawed. Add bananas and pecans. Pour 1/2 mixture into an 8x8x2" pan. Place in refrigerator until firm. Jell remaining half only to thick pouring consistency. Spread sour cream on first mixture. Pour remaining half on top. Place in refrigerator to jell entire mixture.

- Mrs. Tate Page

### JELLO SALAD

1 large pkg. raspberry jello  
 1 env. Dream Whip  
 1 c. fruit cocktail

2 bananas  
 2 c. miniature marshmallows

Follow directions for jello. Whip Dream Whip. Stir all ingredients together and chill.

- Virginia Mutchler



## SALADS

### FOUR BEAN SALAD

1 can kidney Beans, drained  
1 can green lima beans, drained  
1 can wax beans  
1 can green beans  
1 onion, sliced in rings  
1 green pepper, sliced in rings  
1 c. sugar  
1 c. vinegar and 1 c. salad oil  
Tarragon, parsley and sweet basil to taste

Combine and let stand overnight in refrigerator.

- Mable Ross  
Urish, Missouri

### BRANDENBURG DRESSING

1/2 c. salad oil  
1/2 c. sugar  
1 c. vinegar  
1/3 c. tomato catsup  
1/2 t. salt  
a tiny onion, minced

Combine all of the ingredients in a jar and shake well to blend thoroughly. Store in refrigerator until ready to use.

- Imogene Lovelace

### BUN-STEADS

cube 1/2 lb. cheese  
3 boiled eggs, chopped  
1 7-oz. can tuna  
2 T. chopped green pepper  
2 T. chopped onion  
2 T. chopped pickles or olives

Salad dressing to mix all ingredients together. Put in long bun (hot dog bun). Heat in 250° oven for 25 min. or until cheese is melted.

- Mrs. James Hicks

### CHERRY GELATIN SALAD (from Abingdon Basic Cookbook)

1 #303 can sour pitted cherries  
Juice of 2 lemons and 1 orange  
1/2 c. sugar  
1/2 c. chopped nuts  
1 pkg. cherry gelatin

Mix juice drained from cherries, lemon and orange juice and add enough water to make 1 1/2 c. liquid. Add sugar and let come to a boil, stirring to dissolve sugar. Pour over gelatin, dissolving it. Cool. Mix nuts with cherries. When gelatin mixture starts to thicken combine the two mixtures. Chill in individual molds until firm. Serve on lettuce leaf. Wait for the smiles!

- Mary Dillingham

## SALADS

### HEAVENLY HASH #1

1 small can Mandarin oranges  
1 large can fruit cocktail  
1 pkg. Dream Whip  
1/2 c. milk  
1 t. vanilla  
2 3-oz. pkg. cream cheese  
1/2 c. powdered sugar

Add milk and vanilla to Dream Whip and beat until stiff. Add cream cheese and mix well. Then add drained oranges and fruit cocktail - add powdered sugar and mix well. Chill until ready to serve.

- Sue Hudnall

### GRAHAM'S EGG SALAD

1 env. gelatin (plain)  
1 c. mayonnaise  
6 hardcooked eggs (sliced)  
1/2 c. diced celery  
1/3 c. chopped olives  
Tabasco sauce - to taste  
Dash garlic salt  
Salt to taste  
1/2 c. cold water

Soften gelatin in cold water, place over hot water to melt. Mix mayonnaise, celery, eggs, salt, garlic salt and tabasco. Add gelatin. Refrigerate several hours.

- Mrs. Gavin G. Craig, Jr.

### HEAVENLY HASH #2

3 pkg. lime jello  
30 marshmallows  
3 c. crushed pineapple  
3/4 lb. yellow cheese  
(grated)  
1 1/2 pt. whipping cream  
(mix jello according to directions)

While jello is hot, stir in cut-up marshmallows. Add grated cheese and pineapple after jello begins to set. Fold in cream last.

- Ruby Daniel

### PINK SALAD

1 small pkg. jello, strawberry or raspberry  
1 c. hot water  
1 8-oz. pkg. cream cheese  
1 Env. Dream Whip  
1 c. crushed pineapple  
1/2 c. nuts (broken)

Dissolve jello in hot water. When partially filled, beat with mixer until foamy. Make Dream Whip by directions on package. Beat in cream cheese and add to first mixture. Fold in pineapple and nuts and pour into mold. Refrigerate.

- Mrs. James Hicks

## SALADS

### BOHEMIAN SLAW

3 qts. cabbage  
1 large green pepper  
1 medium can pimentos  
4 medium onions

#### Dressing

1 pt. vinegar  
2½ c. sugar  
1 t. mustard seed  
1 t. salt  
¼ t. tumeric

- Bring dressing to rolling boil and pour over cabbage mixture. Put in refrigerator. Serve after 12 hours. (16 to 18 servings)

- Lurene Gibson

### EXTRA GOOD SLAW

Shred a medium head of cabbage. Place in a bowl in layers, alternating with thinly sliced onion rings. (One medium)

Bring to boil:  
1 c. vinegar  
¾ c. mazola  
2 T. Sugar  
1 t. salt  
1 t. celery seed  
1 T. mustard

When mixture boils, pour over cabbage while hot. Cover and let stand 4 to 6 hours. Mix and serve. It is better after 2 or 3 days. Will keep 2 or 3 weeks.

- Margie Agee,  
Greenville, Ky.

### ITALIAN SLAW

1 med. size head cabbage  
1 med. size onion  
7/8 c. sugar  
1 c. vinegar  
¾ c. salad oil  
2 T. sugar  
1 t. salt  
1 t. dry mustard  
1 t. celery seed

Shred cabbage and onion and place in alternate layers in a bowl. Top with 7/8 c. sugar. Mix remaining ingredients together and bring to boil and pour over cabbage. Cover tightly and let stand 4-6 hours. Mix and serve. Store remainder in refrigerator for this salad is better in 2 or 3 days and even keeps well for 2 wks.

- Katherine Higgins

## SALADS

### SEVEN-UP SALAD

2 pkg. lemon gelatin  
2 c. hot water  
2 c. Seven-up  
1 large can crushed pineapple, drained  
1 c. small marshmallows  
2 bananas or 2 cans mandarin oranges  
2 T. butter  
1/2 c. sugar  
1 c. pineapple juice  
2 T. flour  
1 egg  
1 c. whipping cream  
Cheddar Cheese

Dissolve gelatin in hot water. Let cool and add Seven-up, pineapple, marshmallows and bananas. Place in refrigerator and let jell. Cook the butter, sugar, pineapple juice, flour, and egg as a pudding. When mixture cools, fold in the whipping cream. Spread over the jelled mixture and cover with cheese. Chill and serve. Yield: 10-12 servings.

- Lurene Gibson

### TWENTY-FOUR HOUR SALAD

2 c. white cherries, halved and pitted  
2 c. diced pineapple  
2 c. orange sections  
2 c. quartered marshmallows  
¼ lb. almonds, blanched and chopped  
2 eggs  
2 T. sugar  
½ c. light cream  
Juice of 1 lemon  
1 c. heavy cream, whipped

Combine well-drained fruits; add marshmallows and nuts. Beat eggs until light; gradually add sugar, light cream, and lemon juice. Mix; cook in double boiler until smooth and thick, stirring constantly. Cool; fold in whipped cream. Pour over fruit mixture and mix lightly. Chill 24 hours. Do not freeze. Serves 10-12. Garnish with big, red maraschino cherries, orange sections. In season, add sprigs of fresh mint, tart-sweet seedless grapes.

- Lurene Gibson

### FROZEN SLAW

2 large heads cabbage  
2 green peppers  
Add:  
4 c. sugar  
3 c. vinegar  
4 onions  
4 carrots (chopped)  
¼ c. salt

Mix well and freeze.

- Margaret Taylor



## SALADS

### PINEAPPLE JEWEL SQUARES

- 1 c. fine graham cracker crumbs
- 2 T. sugar
- $\frac{1}{4}$  c. butter, melted
- 1 8-3/4 oz. can or 1 c. crushed pineapple
- 1 3-oz. pkg. cream cheese (softened)
- 3 T. sugar
- $\frac{1}{2}$  t. vanilla
- $\frac{1}{4}$  t. grated orange peel
- 1 c. dairy sour cream

Mix crumbs, 2 t. sugar, and butter. Press into bottom of baking dish. Chill. Thoroughly drain pineapple, reserving  $\frac{1}{2}$  c. syrup. Dissolve gelatin in boiling water. Add pineapple syrup, cool. Blend cream cheese with 3 T. sugar, the vanilla, and orange peel. Stir  $\frac{1}{2}$  c. gelatin into drained pineapple, set aside. Gradually blend remaining gelatin into cream cheese mixture, stir in sour cream. Pour into crust, chill till firm. Spoon pineapple mixture evenly over cream cheese layer. Chill 4 to 6 hours.

- Patti Law

### SAWDUST SALAD

Dissolve in 2 c. boiling water:  
1 pkg. lemon gelatin and 1 pkg. orange gelatin  
(can use 2 pkg. orange-pineapple)

Add:

- 1 $\frac{1}{2}$  c. cold water
- 1 8 $\frac{1}{2}$ -oz. can crushed pineapple- undrained
- 2-4 diced bananas with about 1 T lemon juice over them.
- 40 (or more) miniature marshmallows

Let the Above Jell, Then Cook Until Thick:

- $\frac{1}{2}$  c. sugar
- 2 T. flour
- 1 c. pineapple juice
- 1 egg
- dash salt
- 2 T. butter

Let cool and spread on top of gelatin mixture. Beat small pkg. cream cheese and  $\frac{1}{2}$  pt. whipping cream. (can use Dream Whip)

Spread on top of cooked mixture. Sprinkle ground pecans over top.

- Evelyn White  
Bowling Green, Ky.

### SEA SHELL SALAD

- 1 pkg. baby shell macaroni
- $\frac{1}{2}$  lb. American Cheese, diced
- 3 hard cooked eggs, chopped
- 1 c. thinly sliced celery
- $\frac{1}{2}$  c. diced green pepper
- $\frac{1}{4}$  c. chopped sweet pickles
- 2 T. chopped pimento
- 1 T. finely chopped onion
- $\frac{3}{4}$  c. salad dressing
- $\frac{3}{4}$  c. sweet pickle juice

Cook baby shells as directed on box; drain and rinse in cold water. Combine with cheese, eggs and vegetables. Blend salad dressing and pickle juice; toss with shells and vegetable mixture.

- Marie Hayes

## SALADS

### LUCY'S SLAW

- 4-5 c. green and red cabbage
- 1 medium size onion
- 1 green pepper
- 1 c. sugar
- $\frac{1}{2}$  c. salad oil
- 1 c. vinegar
- $\frac{1}{2}$  c. water
- Salt to taste

Grate cabbage, chop onion and green pepper, and combine. Dissolve sugar in  $\frac{1}{2}$  c. water and combine with the salad oil and vinegar. Pour over cabbage mixture. Salt to taste. Store for 3 hours in covered dish or large jar in refrigerator.

- Dorothy Reeves

### SLAW

- 1 medium head cabbage
- 1 medium onion
- $\frac{3}{4}$  c. sugar
- 1 c. vinegar
- 1 T. mustard
- 1 T. celery seed
- $\frac{1}{2}$  t. salt
- 1 T. sugar
- 1 c. Wesson Oil

Grate cabbage. Cover with onion (in rings) and  $\frac{3}{4}$  c. sugar. Boil vinegar, mustard, celery seed, salt and sugar. Add wesson oil, bring to second boil. Pour over cabbage and press down with a plate. Chill.

- Jeanne Rich

### FROZEN FRUIT SALAD

- $\frac{1}{2}$  pt. whipping cream
- 1 med. pkg. Philadelphia cream cheese
- $\frac{1}{3}$  c. salad dressing
- 1 med. can drained fruit cocktail
- $\frac{1}{2}$  c. maraschino cherries
- $\frac{1}{4}$  c. chopped nuts
- $\frac{1}{2}$  c. diced or small marshmallows
- 1 banana, diced

Whip cream. Add cocktail and then other ingredients. Freeze. This keeps well.

- Josephine Clark

## SALADS

### ORIENTAL SALAD

1 can bean sprouts (chilled and drained)  
1 can bamboo shoots (chilled and drained)  
1 bunch watercrest  
1 can water chestnuts, sliced  
Lettuce

#### Dressing:

$\frac{1}{2}$  c. oil  
2 T. vinegar  
2 T. soy sauce  
4 T. sesame seed (quickly browned in dry pan)  
Mix bean sprouts, bamboo shoots, watercrest, water chestnuts and lettuce and pour dressing over.

- Jennie Pennington

### PERFECTION SALAD

1 lg. can white cherries  
#1 can crushed pineapple  
3 pkg. Philadelphia cheese  
1 small can pimento  
2 pkg. lemon jello  
 $\frac{1}{3}$  lb. pecans

Dissolve jello in hot water, then mix cherries and pineapple together. Add  $\frac{2}{3}$  of jello to cherries and pineapple. Mash cheese with milk, add pimentos and pecans, then add rest of jello. Put  $\frac{1}{2}$  of cherries and pineapple mixture in pan first, then cheese mixture, then pineapple again. Let set after each. Use loaf pans.

- Mrs. T. E. Martin

### SAUERKRAUT SALAD #1

1 can sauerkraut, drained  
1 c. finely cut celery  
1 c. finely cut green pepper  
1 c. finely cut onion  
 $1\frac{1}{2}$  c. sugar  
 $\frac{1}{2}$  c. vinegar  
 $\frac{1}{2}$  c. salad oil

Combine vegetables; add remaining ingredients. Chill 2 hours.

- Patricia Simon

### SAUERKRAUT SALAD #2

1 qt. Sauerkraut (drained)  
1 c. sugar  
1 c. green peppers, chopped  
1 c. onions, chopped  
 $\frac{1}{2}$  c. oil  
 $\frac{1}{2}$  c. vinegar ( $\frac{1}{2}$  garlic wine and  $\frac{1}{2}$  cider)

Mix well and chill.

- Imogene Lovelace

## SALADS

### SUMMER FRUIT SALAD

$\frac{1}{2}$  c. sugar  
1 egg, beaten  
juice of 1 lemon  
1 cup heavy cream  
whipped

Combination of fruit of your choice (melon balls, pineapple, banana slices, etc.)  
Ministure marshmallows  
chopped walnuts

Combine sugar, egg and lemon juice. Cook over moderate heat, stirring constantly, until mixture reaches boiling point. Immediately remove from heat. Cool at room temperature, then chill in refrigerator. Just before serving fold spoonfuls of the lemon mixture to taste into whipped cream. Serve as a dressing over fruit of your choice which has been mixed with marshmallows and chopped walnuts.

- Romanza O. Johnson

### GINGER MELON SALAD

1 large ripe honeydew melon  
1 pkg. lemon flavored gelatin

2 c. mixed fresh fruit  
1 12 oz. bottle of Canada Dry Ginger Ale

Peel melon and cut in half. Remove seeds and refrigerate. Add boiling ginger ale to gelatin. When it begins to jell, add fruit (cut into bite-size pieces), and spoon into each melon half. Place in refrigerator to set. When ready to serve, cut into 8 wedges. Arrange on a platter with lettuce or watercress in the center. Serve with mayonnaise or French dressing.

- Romanza O. Johnson

### CAN-OPENER SALAD

2 8 oz. cans diced carrots  
2 8 oz. cans diced beets  
2 8 oz. cans green beans

2 8 oz. cans party peas  
2 large onions, sliced thin  
1 8 oz. bottle Italian salad dressing

Open with can opener, drain and arrange layers of vegetables, then onion rings alternating. Pour on salad dressing. Cover tightly and refrigerate 12 to 24 hours. This will also keep for several days if refrigerated. Excellent salad for buffets or large quantity salads.

- Romanza O. Johnson





Vegetables

## SELECTING VEGETABLES

Too often, vegetables are the "stepchildren" of a meal. They are carelessly selected, carelessly prepared and unattractively served.

The selection of vegetables is very important for a good finished product. The fresher and crisper the vegetable is, the better it will taste and look when served. Choose vegetables from a market that takes care of its produce by careful handling and that keeps them cool and damp or on ice.

Usually, it is better to buy fresh vegetables when they are in season locally. These vegetables have a shorter distance to travel, arrive in better condition and are usually less expensive.

Compare quality and price before deciding whether to buy fresh, canned or frozen vegetables. Do not buy large amounts of fresh vegetables. Even though they stay crisp in the refrigerator, they do tend to lose some of their flavor.

Select vegetables that are fresh, firm, but not hard, and ripe, but not overripe. Never buy vegetables that are old, hard, withered or bruised.

## STORING VEGETABLES

If summer vegetables are not cooked immediately after purchase or gathering, they should be refrigerated or stored in a cool, dry place.

Sprinkle lettuce and wrap in a cloth or heavy paper; refrigerate until used. Salad greens will keep for a week or longer in the refrigerator if they are washed, drained and placed in loosely covered containers. Wilted vegetables can be freshened by cutting the stems and plunging into cold water.

Cook peas and corn immediately. They tend to lose their flavor if allowed to stand for any length of time.

Winter vegetables should be firm, unbruised and nearly mature, but not overripe. Store them in a cool, dry, well ventilated place. Most keep better if piled up to keep out air. Squash, however, are better if they are spread out so they do not touch.

Squash and sweet potatoes require a warmer storage place than do other vegetables.

Watch vegetables closely. If they show signs of spoilage, remove them from other vegetables.

## PREPARING AND COOKING VEGETABLES

Even though they might not look dirty, all vegetables should be washed thoroughly before using. Scrape thin-skinned vegetables. Thinly pare or remove the skins from thick-skinned vegetables after cooking.

Vegetables can be prepared in many ways. Perhaps the most common form of cooking is boiling.

Most vegetables should be cooked quickly and in as little liquid as possible. Valuable vitamins and minerals are lost if a vegetable is cooked in a large amount of water for a long period of time. To avoid these losses, the water should be boiling rapidly when the vegetables are dropped in. They should be cooked just until fork-tender. Greens such as spinach, chard and dandelions need only the amount of water that is left clinging to the leaves when they are washed. Place them in a cold pot and turn on the heat only after the vegetable is in the kettle.

Always serve vegetables immediately after cooking. They lose food values if allowed to stand for any length of time.



# VEGETABLES

## ASPARAGUS RING

|                                       |   |
|---------------------------------------|---|
| 2 T. butter                           | Dash cayenne pepper                         |
| 2 T. flour                            | 1/4 t. salt                                 |
| 1 c. milk                             | 3 eggs, separated                           |
| 1 c. grated cheese,<br>cracker crumbs | 1 med. can asparagus, drained and<br>cut up |

Melt butter, add flour. Cook until bubbly, stir in milk gradually. Cook until thickened, stirring constantly. Add half the cheese and seasonings; stir until melted. Stir in well-beaten egg yolks and asparagus; let cool. Fold in remaining cheese and stiffly beaten egg whites. Thickly butter ring mold; sprinkle with crumbs. Pour asparagus into mold; set in pan of hot water, bake at 350° for 30-40 minutes or until set. Unmold at once.

- Cathryn Wroe

## TEXAS STYLE BEANS

|                      |                     |
|----------------------|---------------------|
| 2 c. pinto beans     | 2 t. salt           |
| 1 c. onions, chopped | pepper, dash        |
| 1/4 lb. salt pork    | 4 c. tomatoes       |
| 1 clove garlic       | 3/4 c. green pepper |
| Dash Tabasco         | 1 T. sugar          |

Soak beans overnight covered with water. Add next 5 ingredients and simmer, for 3 hours. Add remaining ingredients and simmer 3 hours more.

- Mable Ross

## TWO BEANS AND A PEA

|                           |                             |
|---------------------------|-----------------------------|
| 1 lb. can cut green beans | 1/2 med. onion (grated)     |
| 1 lb. can English peas    | 1/2 t. prepared mustard     |
| 1 pkg. frozen lima beans  | 1/2 t. worcestershire sauce |
| 3/4 c. mayonnaise         | 2 T. salad oil              |
|                           | Dash Tabasco                |

Cook beans separately by directions on package. Drain and mix and cover, while hot, with dressing. The beans may be cooked ahead of time and reheated at the time of serving. Do not heat dressing but add to hot beans.

- Mrs. James Hicks

## GREEN PEAS

|                     |                     |
|---------------------|---------------------|
| 2 #2 cans peas      | 1 can pimento       |
| 1 can mushroom soup | 1/2 stick margarine |
| 1 green pepper      | pepper to taste     |

Chop pepper and cook in salted water, until tender. Chop pimento. Drain peas and place all ingredients in saucepan. Heat till butter melts.

- Marie Hayes

# VEGETABLES

## INDIAN CORN

|                                |   |
|--------------------------------|---|
| 1 medium onion, chopped fine   | 2 c. whole kernel yellow corn<br>(well drained) |
| 1/2 green pepper, chopped fine | 1 med. can cream tomato soup                    |
| 2 T. butter                    | 1 t. sugar                                      |
| 1 lb. ground beef              | 1 t. salt                                       |

Cook onion and green pepper in frying pan with butter for 5 min. Add meat and allow to brown well, stirring frequently. Add corn, soup, sugar and salt. Simmer for about 20 minutes and serve. Frozen whole-grain yellow corn may be used if it is pre-cooked according to the directions on the package. For garnish, use green pepper rings.

- Margaret Taylor

## SAUTEED OKRA

|               |                                |
|---------------|--------------------------------|
| 1 lb. okra    | 1/2 t. pepper                  |
| 1 egg, beaten | 1/2 c. flour or cracker crumbs |
| 1/2 t. salt   |                                |

Cut each okra pod into 1/4" slices, crosswise. Dip it into beaten egg to which the salt and pepper have been added. Then roll in flour or cracker crumbs. Saute in hot bacon drippings or salad oil to a golden brown, about 4 minutes.

- Dorine Geeslin

## ONION RINGS

|                  |                        |
|------------------|------------------------|
| 1 egg            | 1 c. flour             |
| 2/3 c. water     | 1 1/2 t. Baking Powder |
| 2 t. lemon juice | 1 t. salt              |
| 1 T. oil         |                        |

Beat egg. Add water, lemon juice, and oil. Beat until frothy. Add flour, baking powder and salt. Beat until blended. Dip onion rings into batter and cook in 1-inch oil at 375° to 400°. Drain on paper. This batter is also good to coat shrimp in before frying.

- Mrs. James Hicks

## FRIED SQUASH

|                        |                     |
|------------------------|---------------------|
| 4 medium yellow squash | butter or margarine |
| 1 c. self-rising flour | black pepper        |

Wash and slice squash. Soak in salted water 10 to 15 min. Add pepper to cornmeal and dip squash in cornmeal until brown on both sides.

- Brenda VanCleave

## VEGETABLES

### COTTAGE POTATOES

|                              |                                 |
|------------------------------|---------------------------------|
| 10 lb. white potatoes        | 1½ c. milk                      |
| 1 large onion, chopped       | 1 c. butter, melted             |
| 1 green pepper, chopped      | 1 c. crushed corn flakes (opt.) |
| ½ lb. American cheese, cubed | Salt and pepper to taste        |
| 1 small can pimento, cut up  | Chopped parsley (opt.)          |

Cook unpeeled potatoes until nearly done. Peel and slice into a large baking dish. Add onion, green peppers, cheese, parsley and pimento. Cover with milk and butter; top with corn flakes. Bake at 350° degrees for 1 hour.

- Patricia Shanahan

### CURRIED RICE

|                       |                     |
|-----------------------|---------------------|
| 2½ c. long grain rice | 1 t. curry powder   |
| 6 T. butter           | 4½ c. chicken broth |
| 3 t. salt             |                     |

In heavy pan, cook rice in butter until golden color, stirring with a wooden spoon as it cooks. Add curry, salt, and chicken broth. Bring to a boil and cook over low heat until liquid has been absorbed - about 14 minutes.

- Mrs. Tate Page

### JAPANESE FRIED RICE

|                               |                                  |
|-------------------------------|----------------------------------|
| 2 c. rice                     | ¾ c. chopped carrots             |
| 2 c. water                    | 2 c. chopped onions              |
| salt                          | 2 eggs                           |
| ½ c. bacon fat                | 1 T. crushed garlic              |
| 2 c. diced meat (round steak) | salt, pepper, accent, red pepper |

Bring 2 c. rice, 2 c. water, and salt to a boil. Turn fire low and cook uncovered 45 minutes to 1 hour. Cook meat over fire in fat. Add onions and carrots that have been stirred into eggs. Add rice, cook and stir constantly until almost brown, then add seasoning. Stir until blended. Serve.

- Connie Crisp

### RICE PILAF

|                       |                                |
|-----------------------|--------------------------------|
| 1½ c. rice (uncooked) | 2½ t. salt                     |
| 4 T. butter           | 3 c. chicken broth or boullion |
| 1½ t. curry powder    |                                |

Use a heavy pan. Cook rice in butter until straw colored. Stir in curry. Add salt and chicken broth. Mix well. Bring to boil. Cover. Cook on low heat until rice is tender and broth has been absorbed, about 15 minutes.

- Mary Dillingham

## VEGETABLES

### SOUR CREAM CHEESE POTATOES

|                   |                           |
|-------------------|---------------------------|
| 8 medium potatoes | 1 large pkg. cream cheese |
| 1 stick of butter | ½ pint sour cream         |
| Salt to taste     |                           |

Cook sliced potatoes, as for whipped potatoes. Put hot cooked potatoes, softened butter, softened cream cheese, sour cream and salt in large bowl of mixer. Beat until fluffy and free of lumps. Spread in casserole and brown in oven before serving.

- Mrs. Gavin G. Craig, Jr.

### TOMATO CRISP

7 lbs. small green tomatoes  
Slice and cover with 1½ c. lime  
in 2 gal. water. Soak 24 hrs.  
Rinse carefully and cover with  
ice water.  
Let stand 3 hrs. Drain and  
cover with:  
2 qts. cider vinegar  
5½ lbs. sugar  
1 T. salt  
1 T. pickling spice  
1 t. whole cloves  
2 or 3 sticks cinnamon  
Let stand overnight. Boil  
30-40 min. and seal in jars.

- Patricia Shanahan

### FRIED GREEN TOMATOES

|                        |             |
|------------------------|-------------|
| 4 large green tomatoes | 1 t. salt   |
| ½ c. flour or cornmeal | ¼ t. pepper |

Cut firm green tomatoes in ½-inch slices. Mix the flour or cornmeal with salt and pepper. Dip tomato slices in mixture and place in heavy skillet containing melted bacon fat. Fry slowly until brown, turning once.

- Marie Hayes

### ZUCCHINI WITH TOMATOES

Cook zucchini just as you do summer squash - with finely chopped onion and a little water until just tender - well seasoned with salt and pepper. Do not overcook. Drain and add butter. Surround on a platter with tomatoes that have been broiled with a topping of butter, chives and parsley.

- Marie Hayes



# TIPS ON FOOD PREPARATIONS

1. For dainty party sandwiches, freeze bread first, then slice thin easily.
2. Cranberry juice ice cubes are so pretty and add zest to lemonade, orange or grapefruit juice.
3. Speed the picnic take-off by freezing sandwiches ahead of time--they'll thaw en route. . .No soggy sandwiches when you butter both sides before filling and freezing.
4. For carrot feathers, choose sweet, straight, medium-size carrots. Use a vegetable peeler and make paper-thin strips. Strip edges of strips and crisp in ice water.
5. For carrot poppies, trim stem ends of large carrots into cone shape. With a sharp knife, cut thin strip once and a half around the cone shape. Drop curls in ice water to crisp. Before serving, draw a sprig of parsley through curl for center and stem, or place a ripe olive in the center of each carrot curl.
6. For celery bundles, cut celery branch in 2-inch chunks. Cut matchstick-size strips on each end leaving a small band in center uncut. Circle center with pimento, green pepper, or carrot.
7. For celery fans, cut celery branch in 2- or 3-inch pieces. With a sharp knife cut strips down to 1/4 inch of one end. Crisp in ice water. Drain well, and dip ends in paprika.
8. Bacon slices will not curl up if you use a low heat and pour off the grease as it melts.
9. Apples will absorb odors, so store them away from potatoes and onions.
10. Run hard candy through a food chopper and sprinkle it on ice cream or frosted cakes. A joy to see and eat.
11. Custard pies can be made brown and attractive on top by adding a couple of tablespoons of butter to the milk before scalding.
12. If oven gets too hot while baking, set a pan of cold water on the bottom shelf.
13. If possible always cut meats across the grain instead of with the grain for better eating and appearance.
14. If you use tongs instead of a fork when turning chops and steaks, you will save more juice in the meats.
15. A greasy frying pan can be easily cleaned by putting a tablespoon of washing soda and water in it, then boil until grease is dissolved.
16. Canned meats can be sliced easier if chilled in refrigerator and both ends of can are removed to push meat out in one piece.

17. Fresh vegetable salads of all kinds are greatly improved by adding a little lemon juice.
18. Green olives will taste better and more natural if you empty the brine and fill the container about 1/4 full with olive oil; shake well and leave stand an hour before using.
19. Removing the shell from a fresh coconut, will be easier, if heated in oven first.
20. A wise housewife will always wash the top of a can before opening it with the can opener.
21. Over-salted soups need not bother you. A peeled potato or two if put into the soup and simmered a little, will absorb the excess salt. You can discard or use the potato.
22. Corn on the cob will taste better and fresher, if you first bring your water to a high boiling point, without salt. Then cook the corn in the open container for only three or four minutes.
23. A glass will be less likely to crack when hot tea is poured over ice into it if a spoon is in the glass.
24. When serving fish, a paper baking cup beside each plate for the bones, is nice for your guest and easy for you to dispose of the bones.
25. Cheese and cheese dishes should be cooked very slowly. Fast or high temperature cooking makes cheese tough and rubbery.
26. Frying meat will not splash near as much if you sprinkle a little salt in the bottom of the pan.
27. Tenderize wild game or chicken by parboiling with teaspoonful of lemon juice or vinegar before frying or baking.
28. Peanut butter mixed with honey and raisins, make an ideal sandwich.
29. A lump or two of sugar added to your olive oil when you first open the bottle will help prevent it from turning rancid.
30. Frozen fruits retain their natural color and vitamin content longer if sugar is added before freezing.
31. To make a little meat go a long way, combine it with meat extenders, such as rice, spaghetti, macaroni, noodles, crackers, bread crumbs, or cereals.
32. Should you have trouble with rice or cereals sticking when cooking, drop a small lump of butter or margarine in the boiling water before putting in the cereals.
33. The shells from hard boiled eggs can be removed easily if the eggs are dipped in cold water immediately after cooking.
34. If you need a lot of ice cubes for a party, you can freeze and store as many as you will need in plastic bags in your freezer, and they won't stick together this way.



35. Sew up your turkey for roasting with dental floss. It won't dry out and will be easier to remove.
36. Green leaves on the outside of lettuce contain more vitamins than the inside ones, so don't throw away more than necessary.
37. Lemons heated in hot water, before using, will give you more juice.
38. When reading and mixing from an open recipe book, place a piece of clear glass or plastic over it, to keep it clean.
39. An enameled saucepan, that has been burned. Fill it with cold water and three tablespoons of salt, leave stand overnight. Next day bring this slowly to a boil and the pan will clean easily.
40. Best way to remove the top of a fresh pineapple is to protect hands with a cloth and twist it off.
41. Salt your crisp green salads just before serving, otherwise the salt may wilt the greens.
42. When boiling shrimp, also use fresh celery leaves, it will enhance their flavor and counter-act the odor.
43. Melted marshmallows make ideal toppings for cup cakes. Ten minutes before the cup cakes are finished baking, place a marshmallow on top of each cake, when finished baking, they are covered with a delicious topping.
44. If you store parsley in water in a tightly covered container in the refrigerator it will stay fresh.
45. If you double a recipe, do not double the amount of seasonings, until you have tasted it.
46. Prevent link sausage from bursting open when frying by piercing with a fork.
47. If you like hot cereals try honey or maple syrup instead of sugar. You will be pleasantly surprised.
48. Hot dogs will retain their flavor and not burst open if cooked as follows: bring your water to a boil, then add your hot dogs, remove from heat, cover pan and let stand for 10 min.
49. Cut the stalk out of head lettuce. Pour cold water forcefully into opening for a minute or so. The leaves will separate easily.
50. Bake potatoes in a muffin pan. The potatoes will not move around and will be easy to remove from oven.
51. If you want to bake only a few muffins, put a little water in the unused cups and your pan will not warp out of shape.
52. You can easily color your shredded coconut by placing it in a jar with a few drops of food coloring and shaking.

53. If you want evenly sliced bananas use your hard-boiled egg slicer.
54. If you have to measure out heavy molasses, dip the measuring cup in hot water, and very little of molasses will stick to the cup.
55. Boiling a cut-up lemon and water together in glass cookware, will most times remove the crusted lime deposit.
56. Four tablespoons of milk mixed with a pound of hamburger meat will make a delicious juicy hamburger steak.
57. Paprika sprinkled on your chicken when frying will give the chicken a tasty-looking color.
58. When making hamburger patties moisten hands with cold water to prevent the meat from sticking to hands.
59. You will be surprised how easily you can peel oranges and grapefruit if you drop them in boiling water for a couple of minutes before removing the skin.
60. Keep your head lettuce wrapped in aluminum; it will keep better and longer.
61. Too much soda in a recipe can be corrected with a little vinegar.
62. Don't salt your roast beef until it is 3/4 done. Salt draws out the juices and flavor.
63. Cook your eggs below the high boiling point and you will keep the whites more tender.
64. Potato salad can be made quicker and easier if you dice the potatoes before cooking them.
65. Scrambled eggs will be richer and smoother if you add a little milk or cream.
66. Always cook your dried fruits in the same water they were soaked in for full flavor.
67. Pieces of maraschino cherries, oranges, grapefruit, etc., frozen in your ice cubes will add color to your iced drinks.
68. Melted butter and a small pastry brush served with corn-on-the-cob makes it easier and better tasting.
69. A clove of garlic can be removed from a dish of cooked food more easily if a toothpick has been stuck in it.
70. To use the last bit of ketchup from a bottle, why not pour in a quantity of oil and vinegar and make a delicious salad dressing.
71. Prunes that are pre-soaked in left over fruit juices instead of water before cooking gives them new and appetizing flavors.



"GOOD TASTE TODAY"

Pick up pickles with your fingers when they're served with sandwiches. Use fork when served with meat at table.

One sip is all! Take only as much soup or ice cream on your spoon as you can eat in one sip. Never take two sips from the same spoonful. It upsets other diners!

Remember, it's right! Pass food to the right, serve yourself with your right hand. . . then you can't go wrong.

One at a time! It's an old rule--but it still stands; cut only one piece of meat, or any other food, at a time.

How to butter food! Good form says: use your fork to transfer butter or jelly to your dinner plate of meat and vegetables--not your butter knife. That's to keep butter knife free of gravy and bits of food.

Keep it out! You see it done--but it's wrong, indeed, to dip your own spoon into the family sugar bowl or jelly dish!

Tip your soup plate just as you spoon your soup--away from you. (In case of a slip, the tablecloth, not you, will get wet.)

Where does jelly go? Or honey, or marmalade? On the butter plate first. Then it's spread on bread or roll. Never put on bread directly from serving dish.

How to eat asparagus. Yes, you can pick up a stalk, if it's firm not covered with sauce. Otherwise, use your fork.

In what direction are dishes served? Dishes are served at the left. And authorities agree it's best to remove them from the left, too, unless this is inconvenient.

Fingers for French fried potatoes? They're usually greasy, so it's tidier to eat them with a fork.

What are the essentials of a table setting? The minimum for the most informal meal: a centerpiece, water glasses, napkins, knives and forks, and pepper and salt within reach of every guest.

Where do you seat the boss? Being guest of honor, he should be seated on the hostess' right!

Fork or fingers for bacon? A fork always, unless bacon is so crisp it breaks into fragments when you try to fork it. In this case, use your fingers.

A way to be graceful with corn on the cob! It's easier to manage if you break it in half. Hold it in silver handles or your own fingers. Butter and eat a small section at a time.

Scoop out the juice with your spoon when you're eating grapefruit, never squeeze fruit by hand. It doesn't look attractive!

Do croutons go in the soup? Take a spoonful when they're served to you, and drop--don't plop them into your soup. Oyster crackers go on your bread and butter plate or on the tablecloth--and just two or three at a time go in your soup.

What is removed from the table before dessert is served? Everything except the glasses, and the table decorations. This includes ashtrays, pepper and salt and unused knives and forks.

What do you serve at teatime? Three different kinds of food should be served at tea: something hot, something tart, something sweet.

Who's served first? The old rule: the hostess is served before guests. Now, etiquette says: first serve the feminine guests of honor, then the host, then proceed clockwise around the table.

Frightened by finger bowls? Follow this simple rule: remove the dessert fork and spoon from the plate and put them at the left and right of your plate. Then lift finger bowl and little doily underneath and place at the upper left of your plate. When you have finished eating, dip your fingers lightly into the finger bowl and dry them on your napkin.

Waiting for everyone to be served before you eat is a rule that's outdated! Wait only for one or two to be served. . . then it's perfectly proper to begin.



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